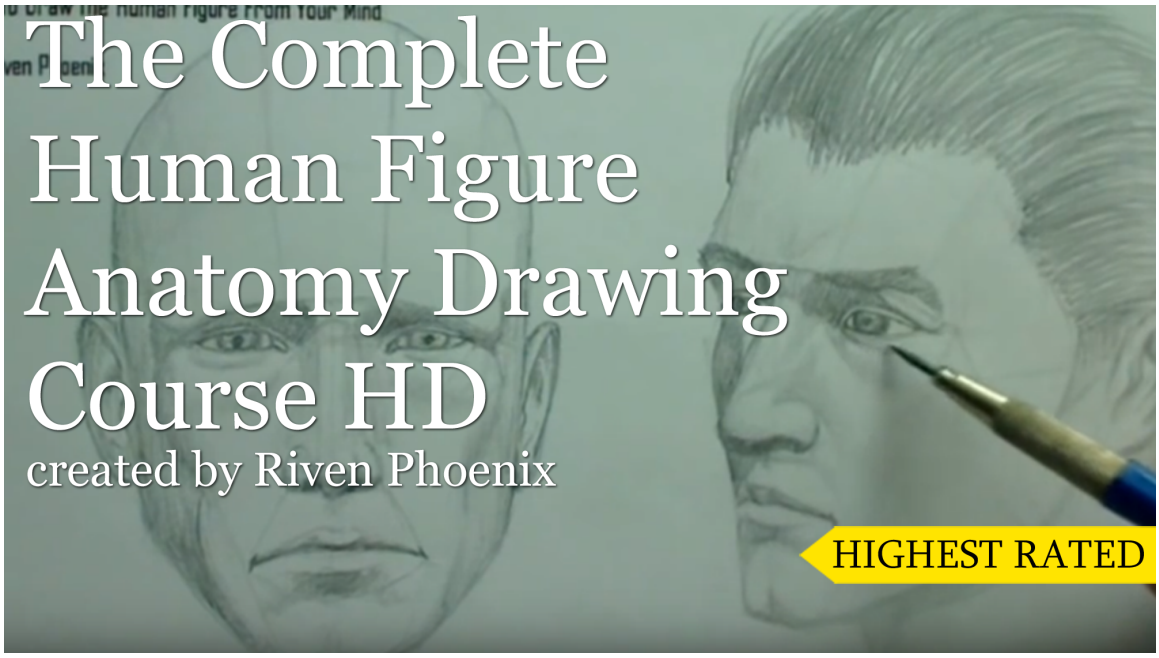

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 144 - The Muscles of the Arm - Part 6

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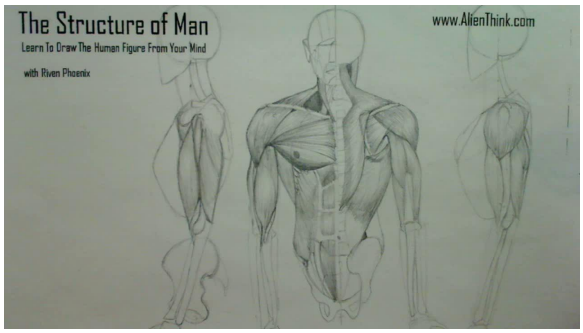
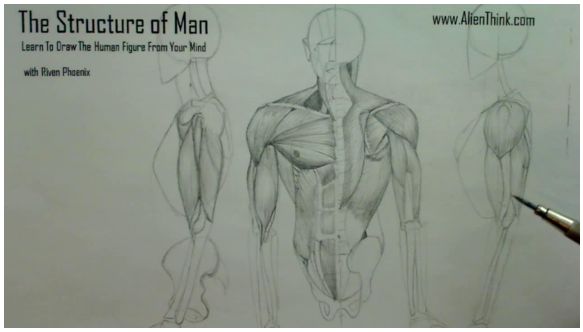
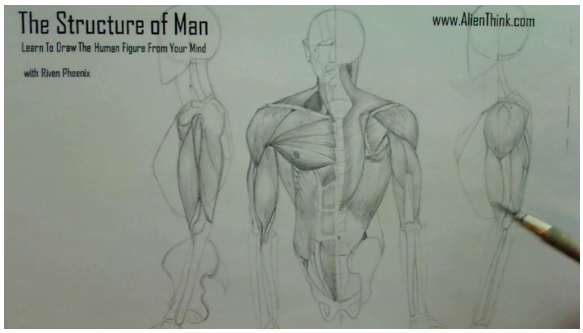
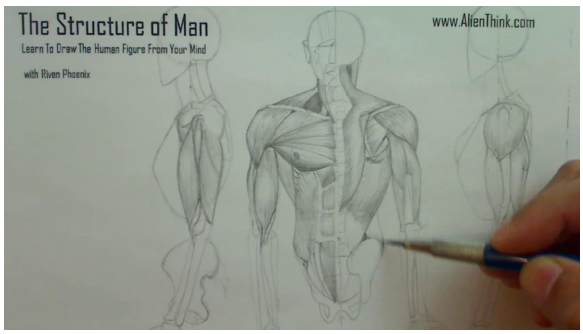
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the human
2		figure from your mind training course.
3		Okay, so in the previous lesson, what we've done is just basically completed the understanding
4		of the upper arm and here we just finished the whole drawing up, so I'm just going to

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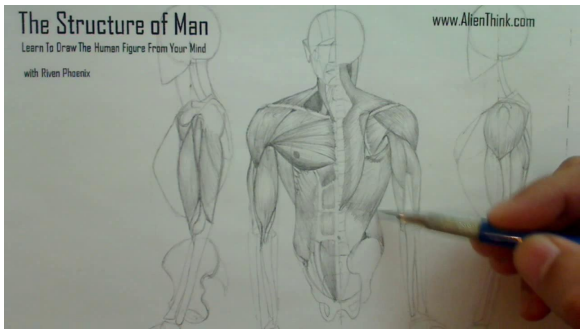
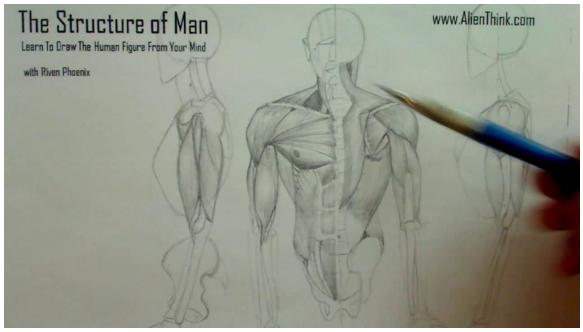
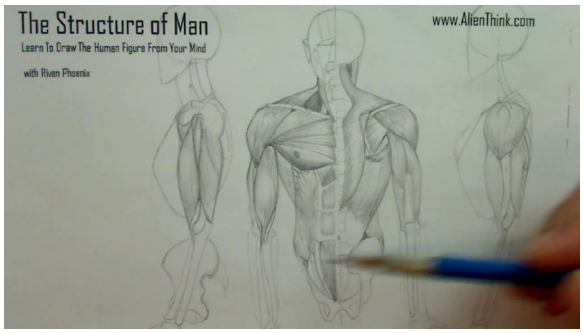
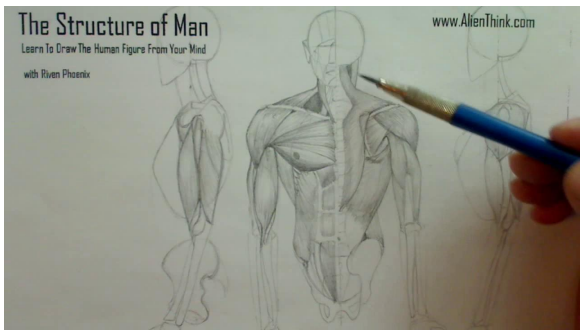
5		finish this up and we can see the relationships between how much we can, we've understood
6		completely from memory, right?
7		So all of this is embedded inside the mind.
8		So here I also rendered this in if you haven't already.

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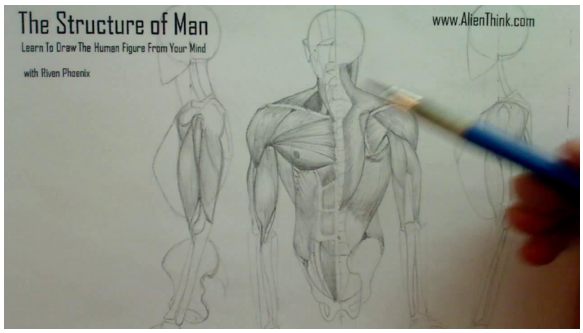
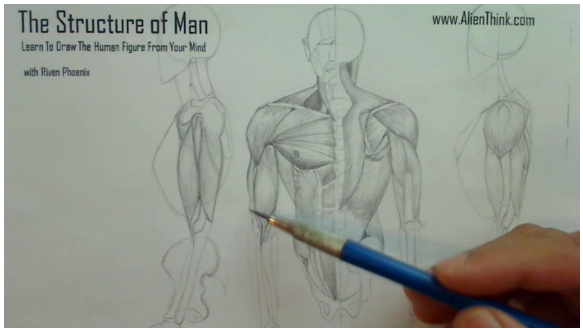
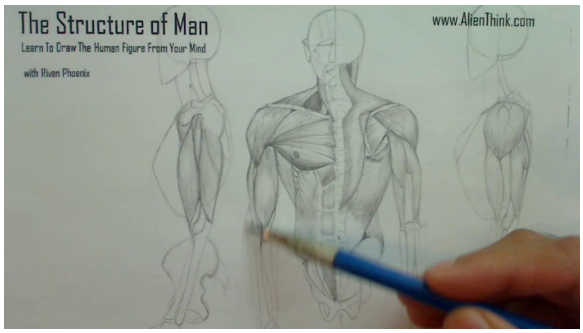
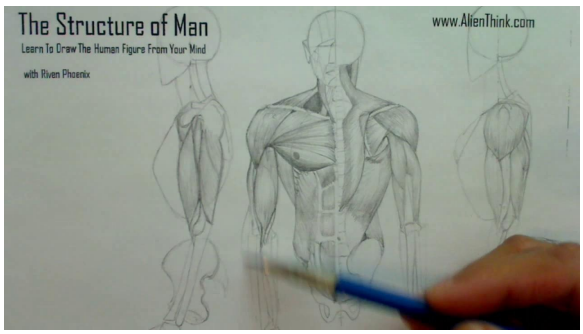
9		Okay, so now we're going to understand the forearm.
10		So to do that, what we need to do is just know from here, you're going to actually get
11		this idea to balloon now, right?
12		So we want to draw this so we can understand the muscles, right?

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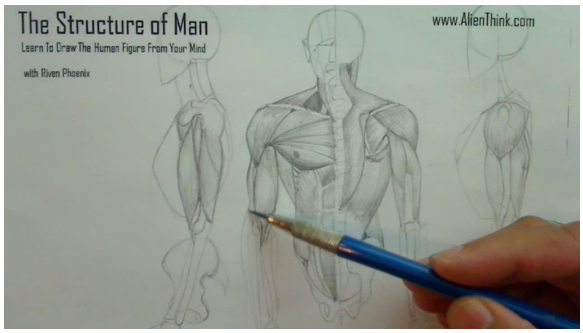
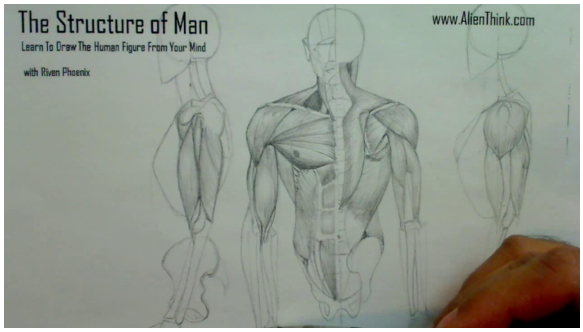
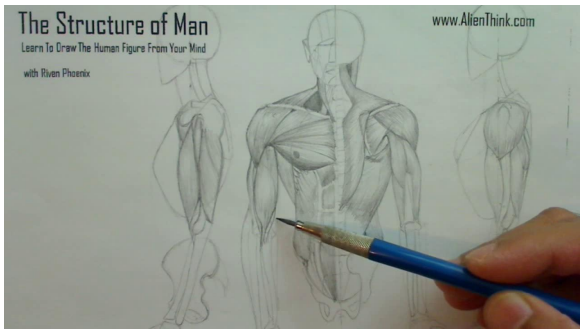
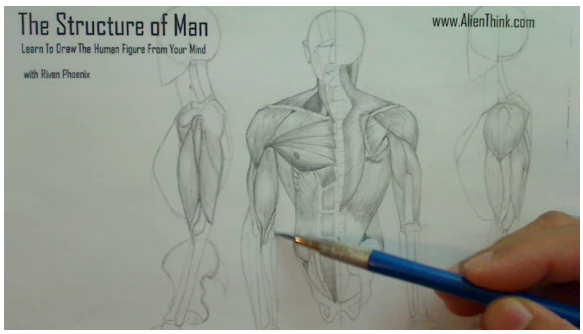
13		So it's just basically going to balloon out like this way and then it's going to come
14		in over here.
15		And then from here, what's going to happen is the same thing is that it's just basically
16		from here, you're going to do a little bit of a balloon out on this and also and you're

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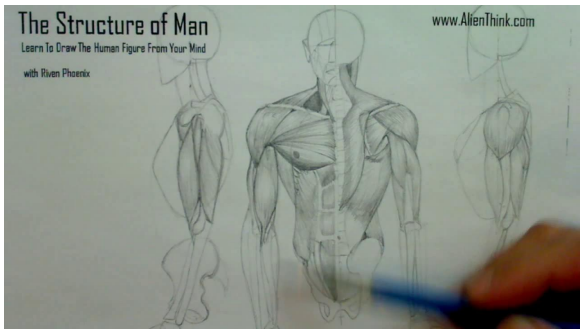
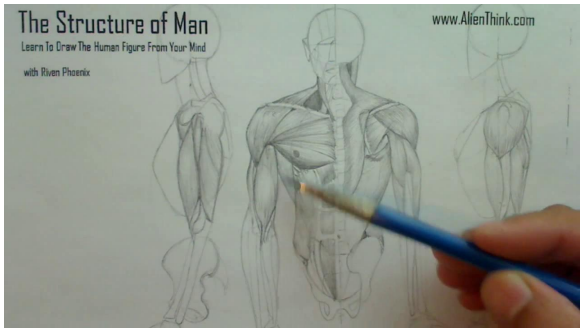
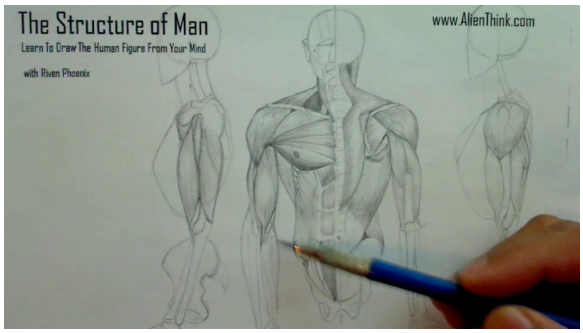
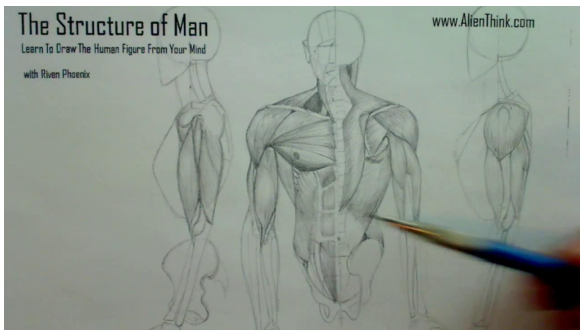
17		going to come in, right?
18		So you can see that this is starting to look like an arm, but we'll understand why this
19		is, right?
20		So because I'm showing you this, so you can understand the control lines as to how they

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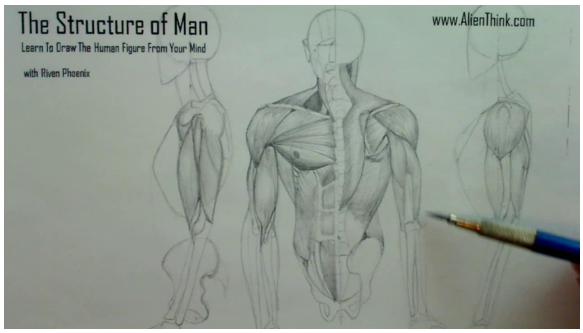
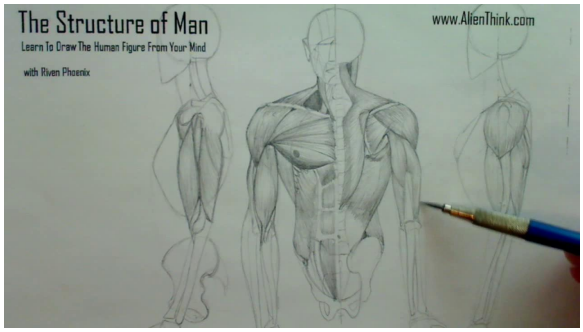
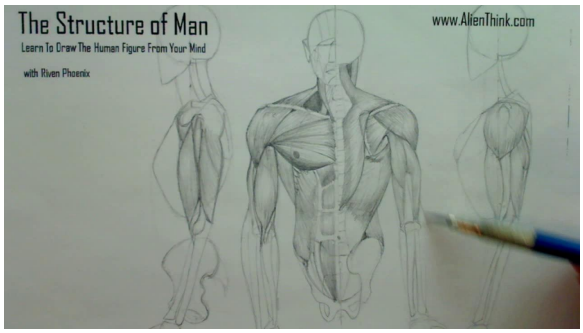
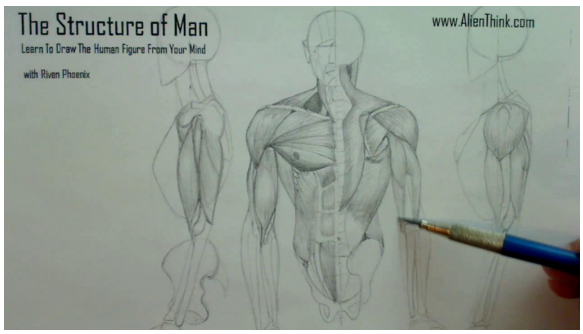
21		work, right?
22		So and then we'll understand why and look over here where this is, I'm going to balloon
23		this out also a little bit over here and then I'm just going to come back in like this.
24		Okay, so from this end, we know that it's really just going to be like this over here.

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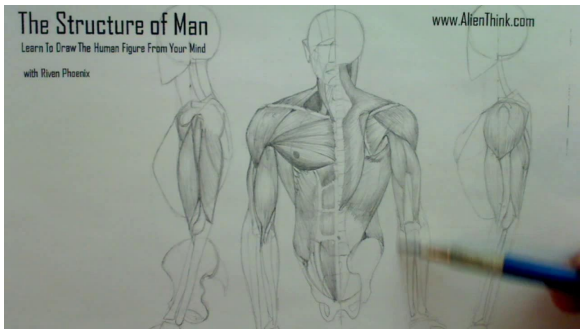
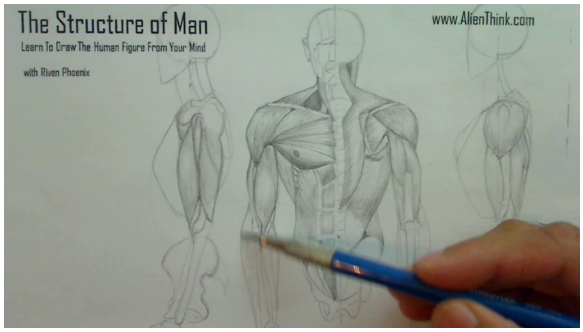
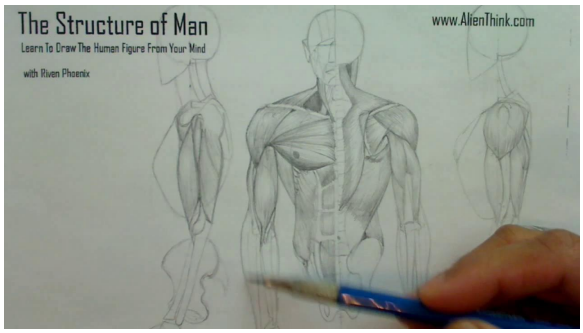
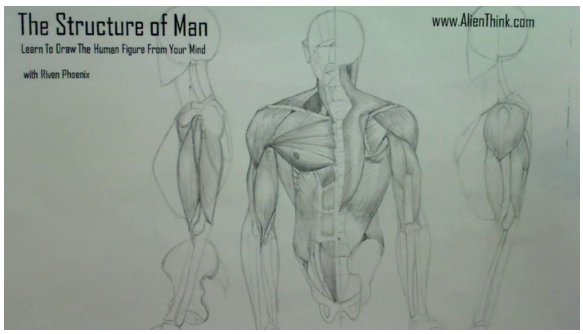
25		It's not going to balloon out that much, but look how much it balloons out over here,
26		right?
27		It's going to come out always more from here and then over here, it's going to be more
28		of an arm like this, right?

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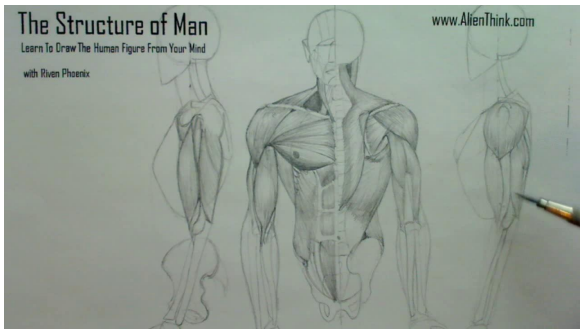
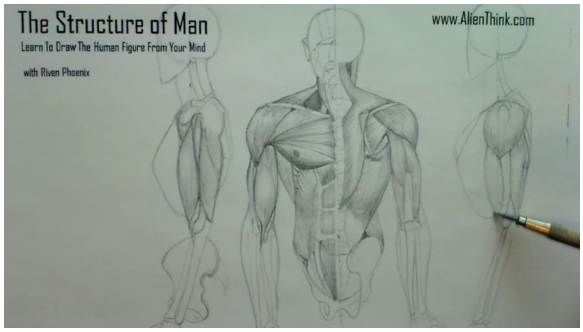
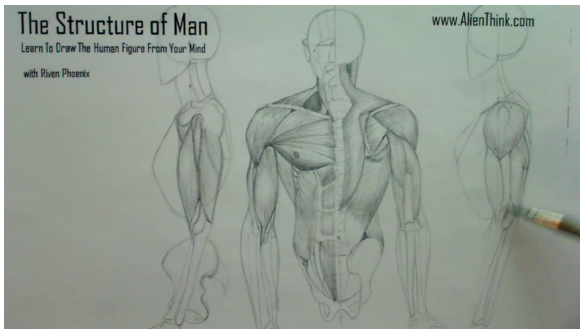
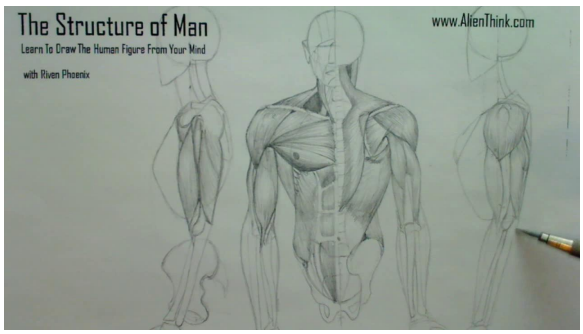
29		So from here, it's going to be the same thing.
30		You're just going to balloon this out a little bit over here like this.
31		You're going to just imagine a line going like this and just balloon it out like this.
32		And from the bottom, we're going to just balloon it out a little bit and do this, right?

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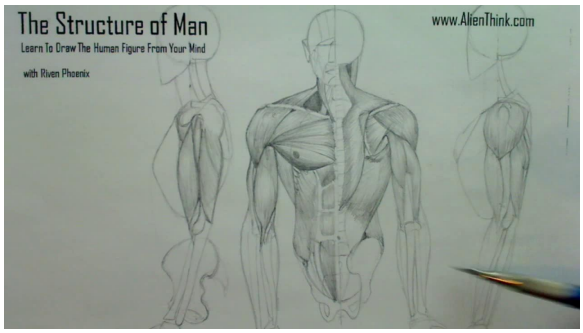
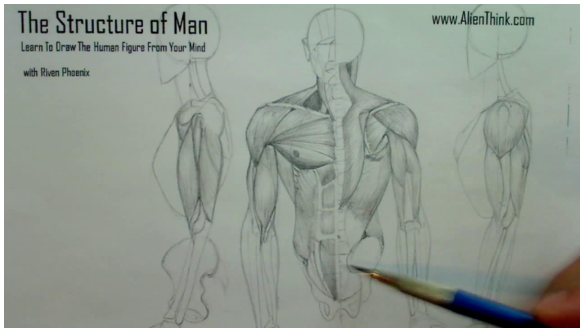
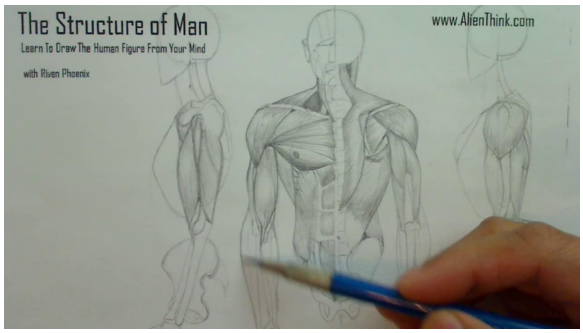
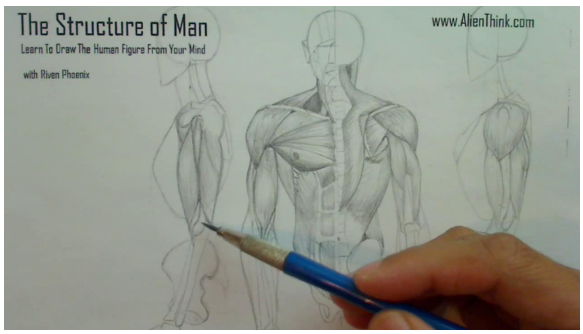
33		So when we put it on the muscle, we understand why this ballooned out.
34		We need this to draw the arm out correctly, right?
35		So we can actually decrease this a little bit over here.
36		And then from the inner, it's going to be the same thing, just understanding that, okay,

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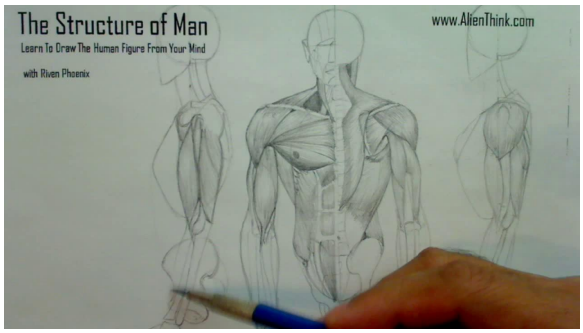
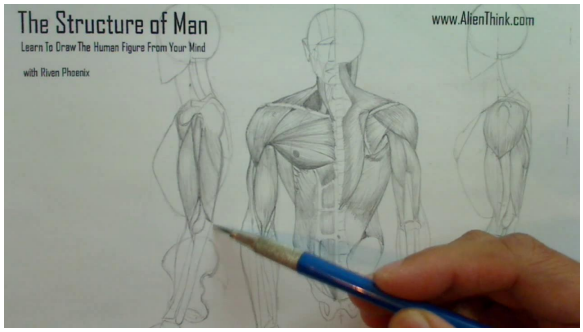
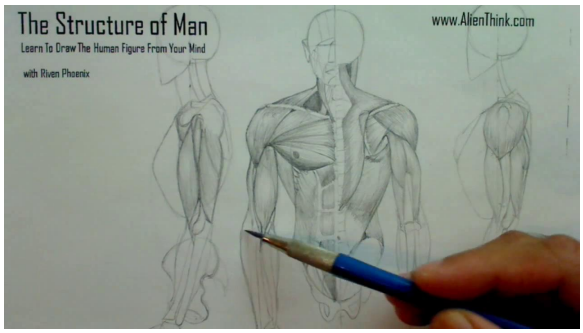
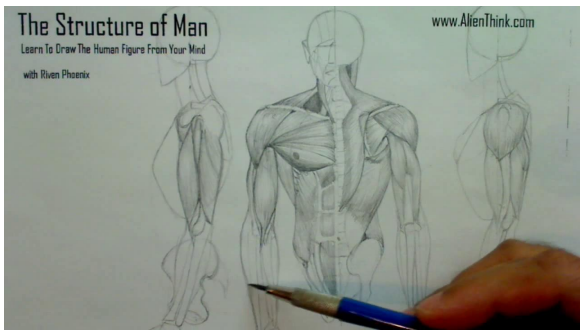
37		I'm going to balloon this out just like this a little bit here, like this over here.
38		And then over here, I'm going to balloon this out and go in, look how, where the balloon
39		out is.
40		It's half of this, right?

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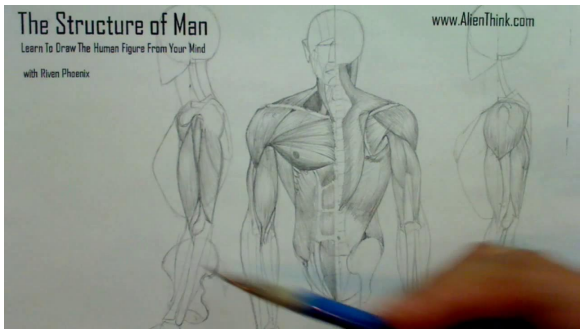
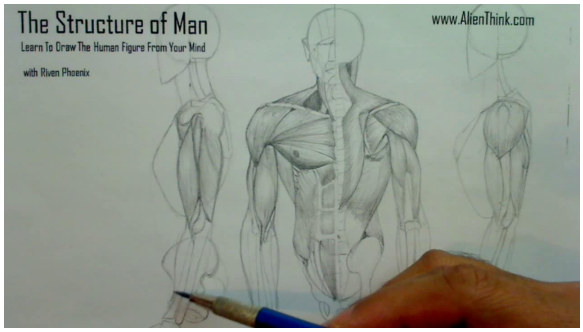
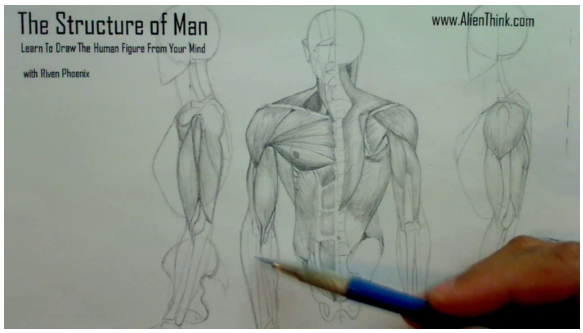
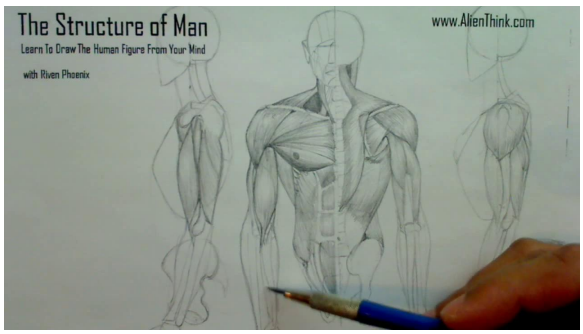
41		That's where the balloon is.
42		Then it just becomes a wrist, right?
43		So the reason for this is because what's going to happen is all the muscles, then just
44		become tendants over here, right?

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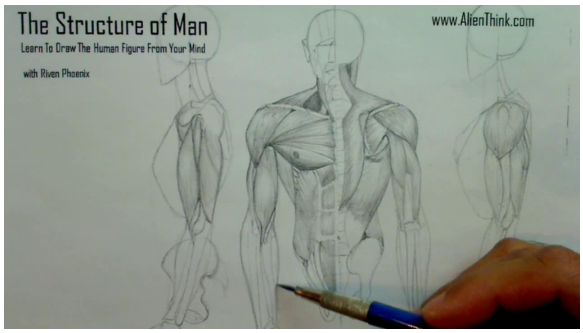
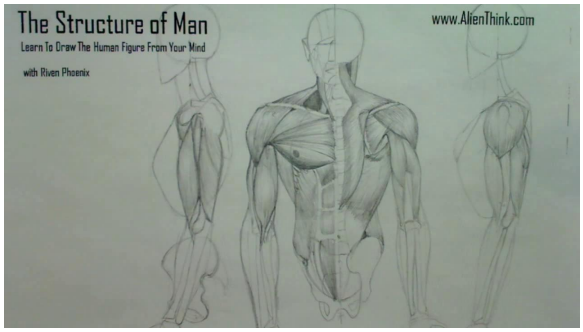
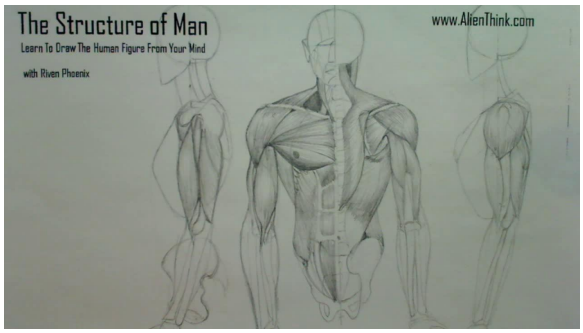
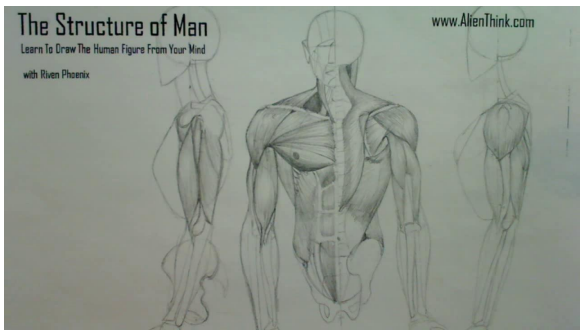
45		So over here, we're going to, I mean, decrease the size here and make it a little more
46		like this, but we'll fix that up later, okay?
47		So now we're going to get into the forearm muscles.
48		And these are going to be very easy to understand.

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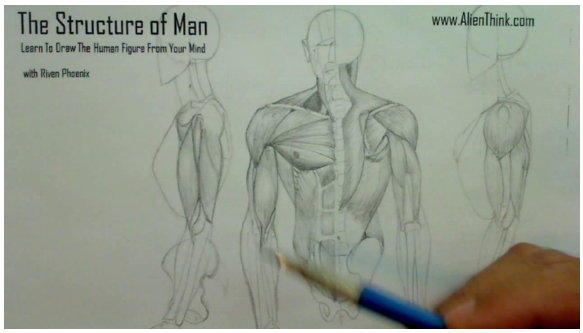
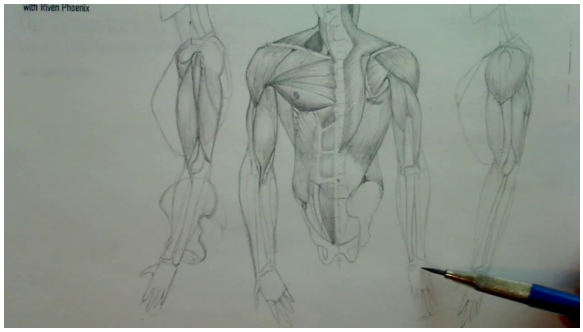
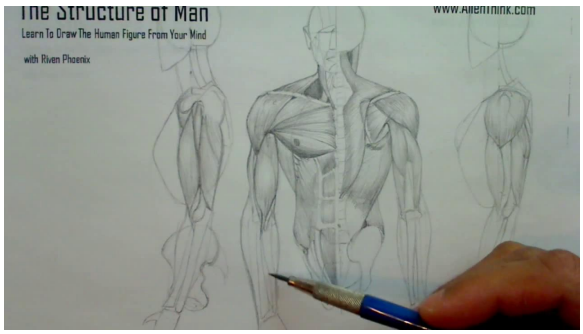
49		It's just understanding what muscles connect to the arm of the hand and what muscles connect
50		to the top.
51		Okay?
52		So we're going to look at all the muscles that connect to the palm of the hand, okay?

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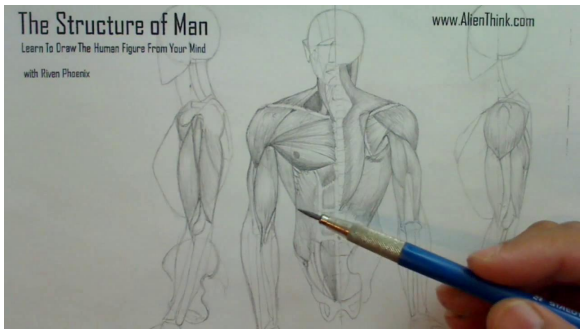
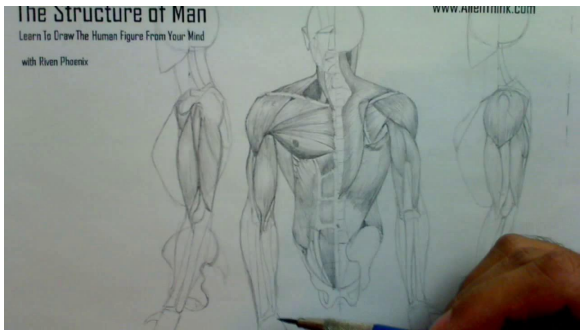
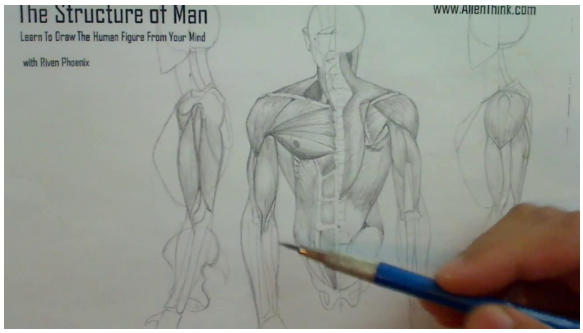
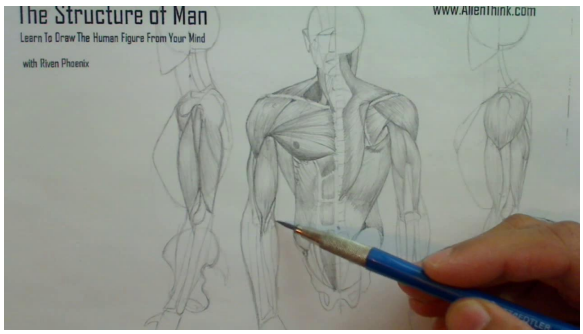
53		So what's going to happen, we're going to just, this camera just a little bit so we
54		can see this area over here, okay?
55		So what's going to happen is that we're going to first understand that where this funny
56		bone is, see where this belongs out, you're going to get a little bit of this funny bone

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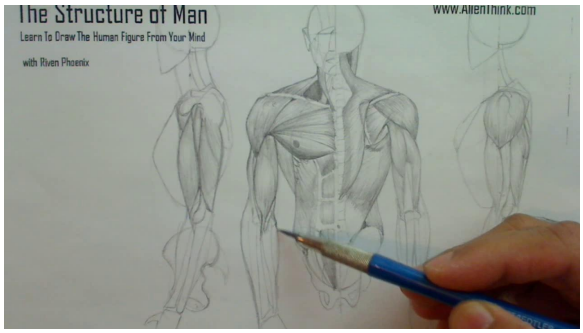
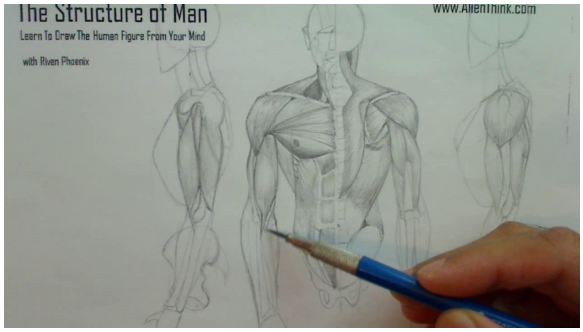
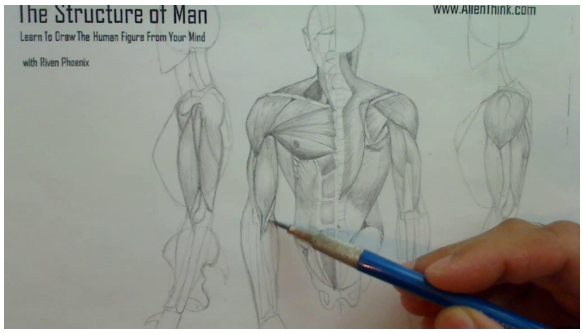
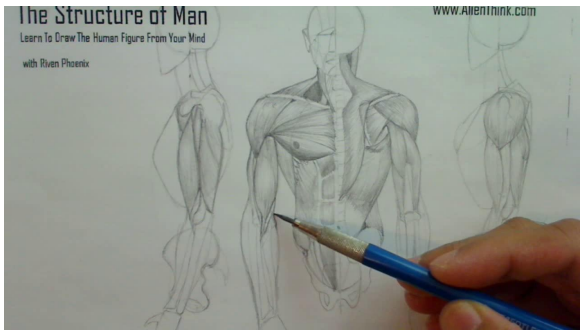
57		coming out.
58		The first muscle that you should know is that there's a muscle that comes over here.
59		He's going to cut through here and he's just going to attach to the radius and this muscle
60		connects from here, there's the funny bone and he's going to connect from here and he's

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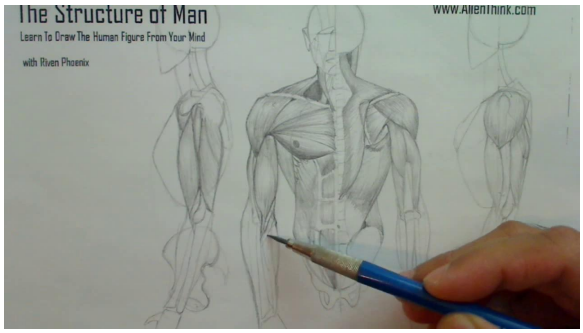
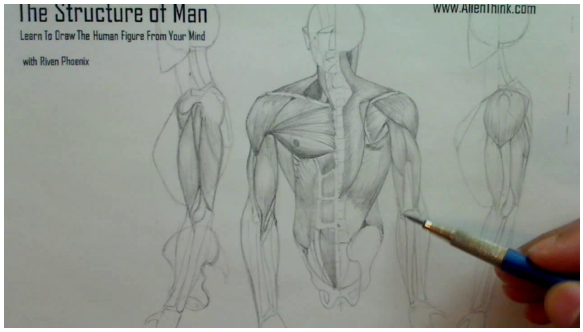
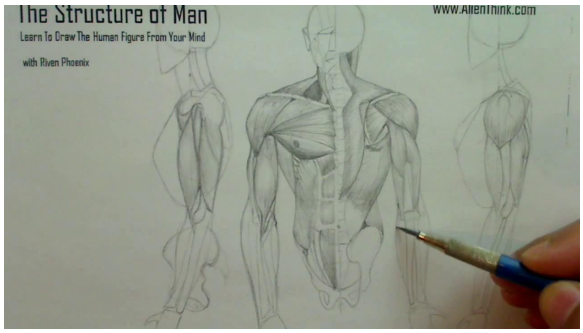
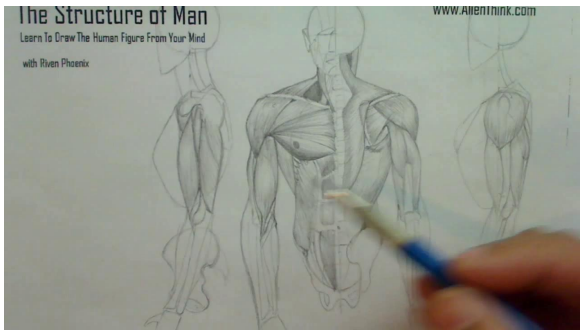
61		going to go like this, right?
62		So when he does that, that's why you get this idea here that it, it, it, it like just
63		becomes soft over here, okay?
64		So in that same idea that we're looking at this from the side where we're saying is that

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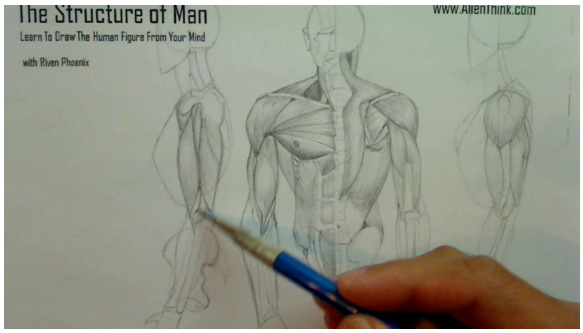
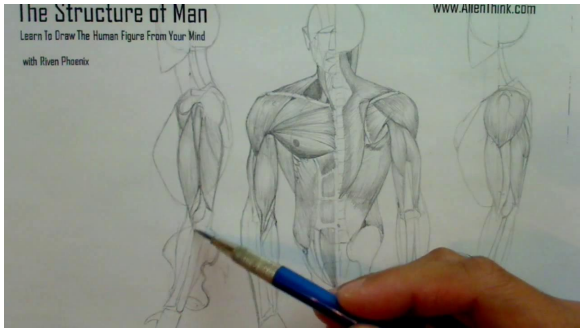
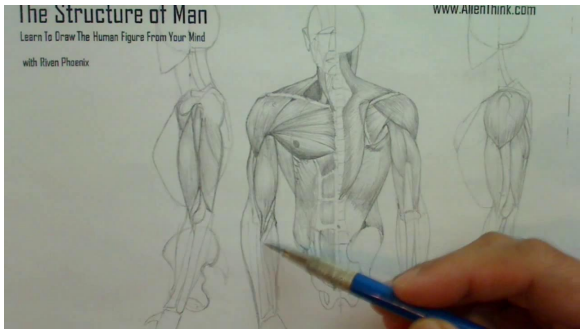
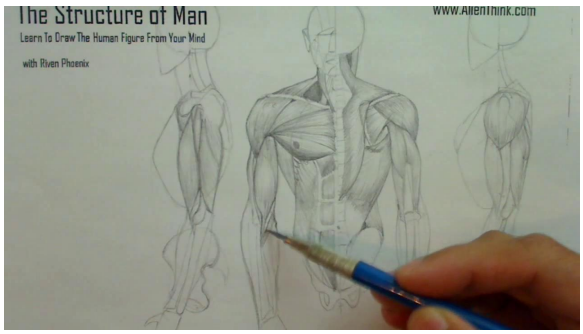
65		that muscle is really just going to be doing the same thing, but you're really not going
66		to see it on this end right now, okay?
67		So we've got this muscle that's over here, okay?
68		We're just going to leave him be over here, we're going to number this, so we're going

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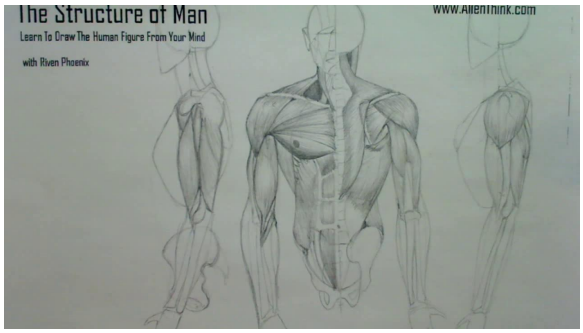
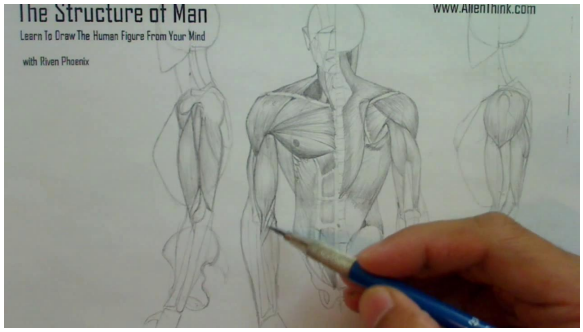
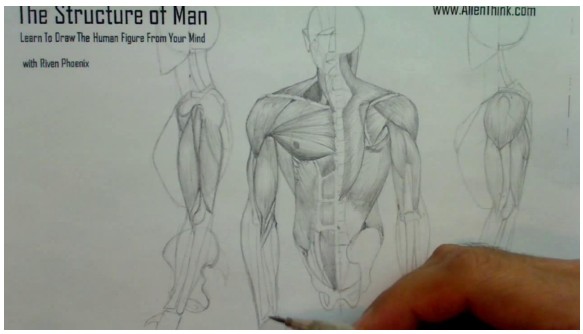
69		to use a numbering system so we can just remember, remember these muscles much more easily,
70		right?
71		Okay, so this just goes and connects to the radius.
72		So what happens is now you're going to get muscles that are going to be connecting

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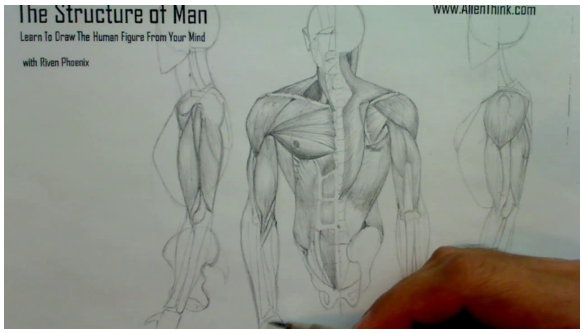
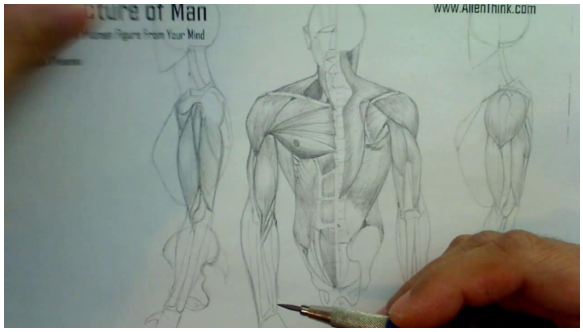
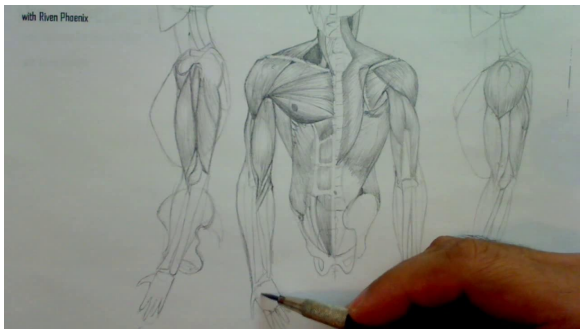
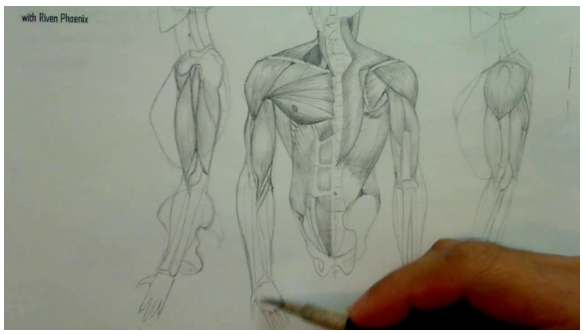
73		the part of the, the head, okay?
74		So to understand this, what's going to happen is that basically we haven't gotten into
75		the muscles of the, the head, the hand yet, right?
76		So it's going to be obviously like this, it's going to get thicker.

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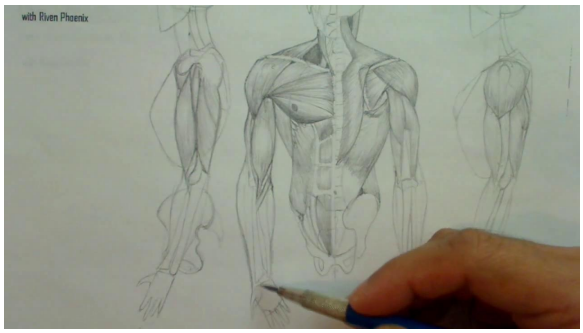
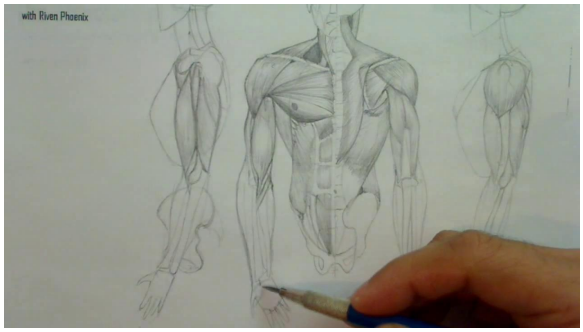
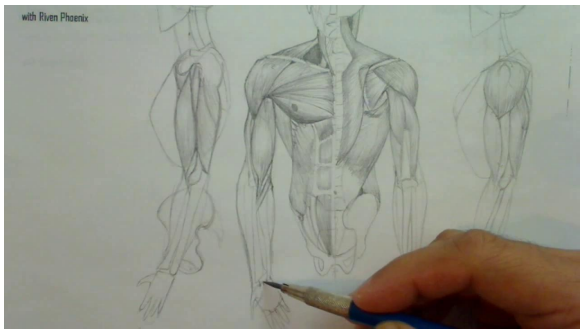
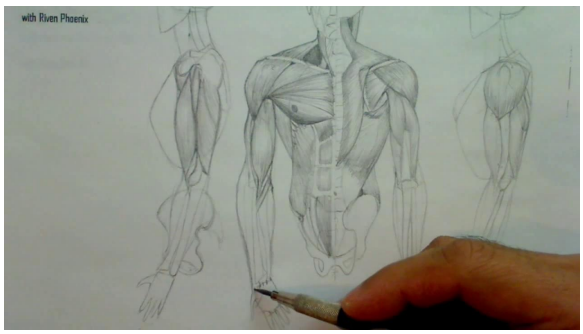
77		So what's going to happen is that you're going to get these tendons, this is you're going
78		to get one, then you're going to get two, three, and then four, right?
79		So they're going to be four muscles that are going to be connecting to the palm and then
80		you're going to get one more over here, actually two more that are just going to connect

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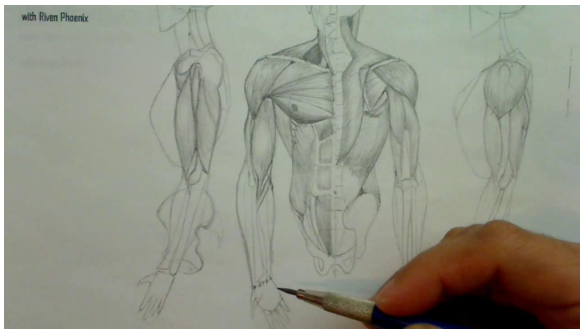
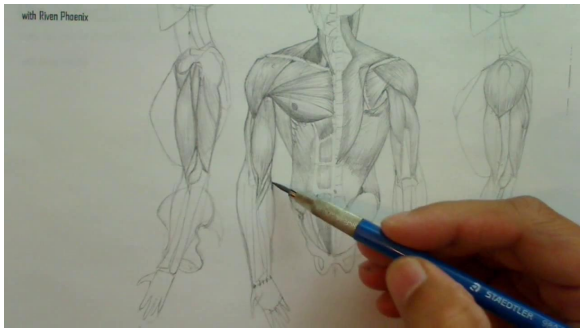
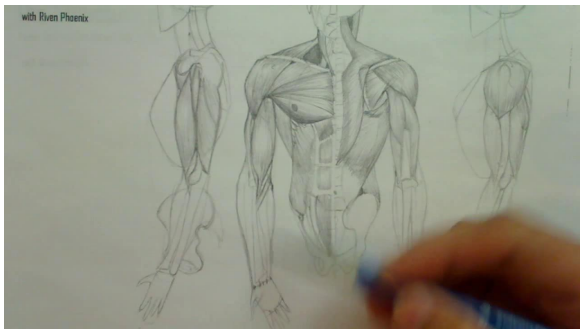
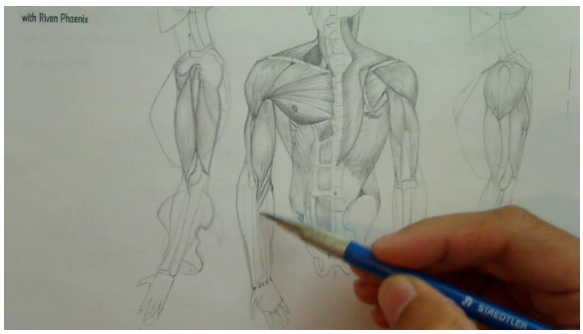
81		to the side, just understand that how the system works.
82		So what happens is that where this funny bone is, you're going to get four muscles that
83		are going to connect here.
84		So the first one that's going to connect is just going to go like this, right?

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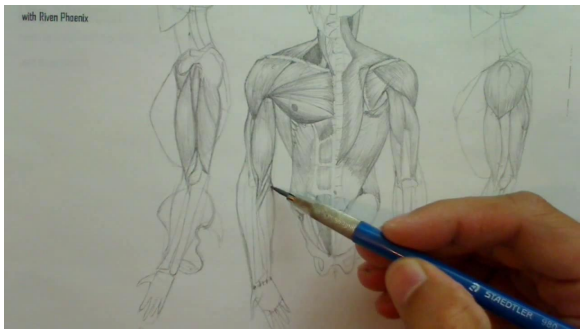
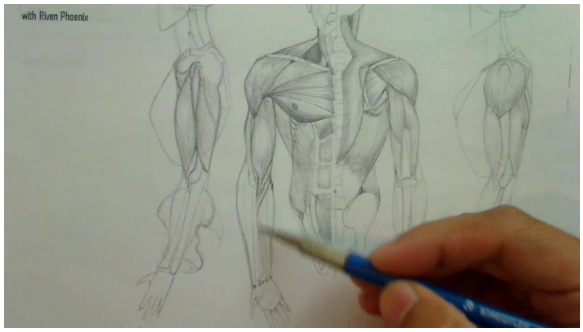
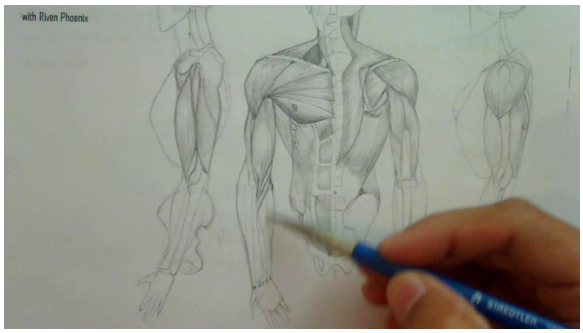
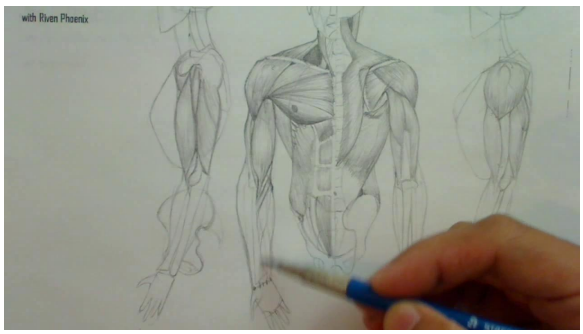
85		So you just want to draw it like a curve over here and remember where this balloon shaped
86		it.
87		So he's going to just go like this, he's going to be the first one, okay?
88		And he's going to come in like this over here, and that's it, he just becomes a wire

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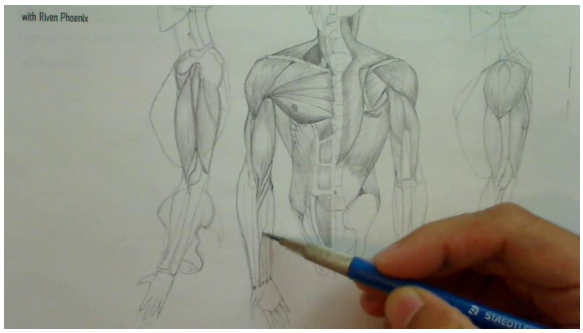
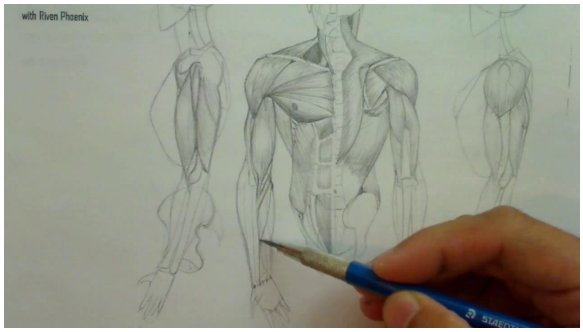
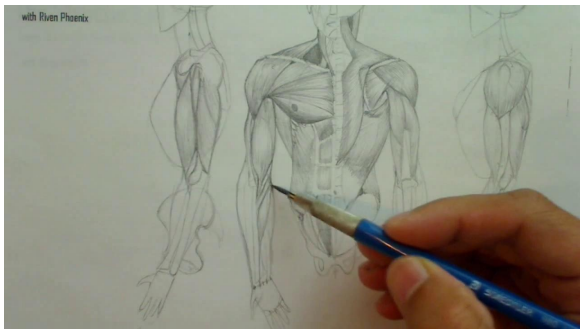
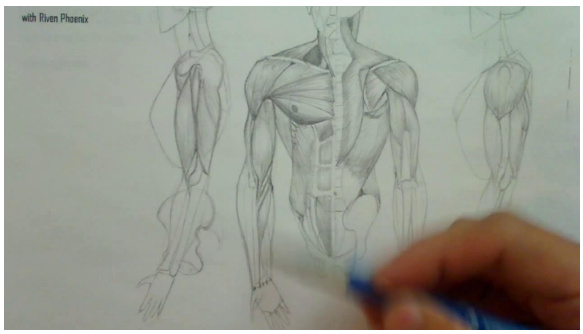
89		over here, but he's a muscle like this, it's going up against these guys.
90		So here we're just going to simply put this guy over here, this is very easy, right?
91		So just remember that anything that's facing where the bicep is, when the palm is like
92		this, anything that's facing us, all the muscles here connect to this end over here, right?

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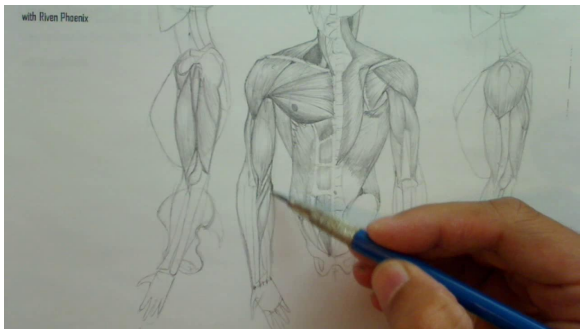
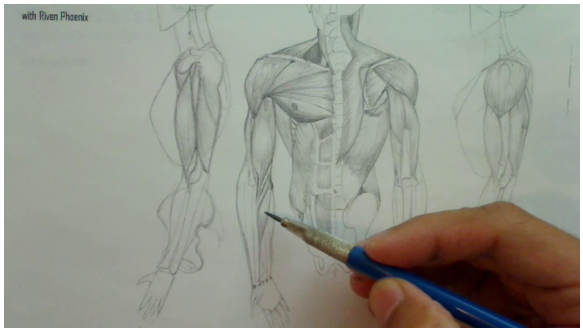
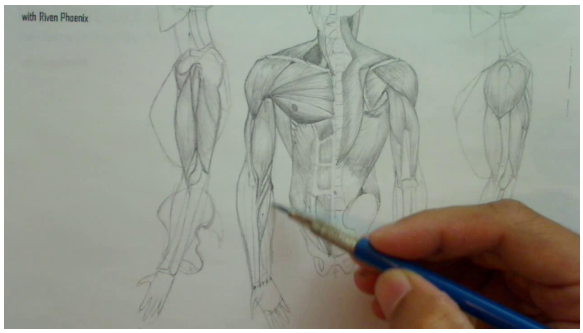
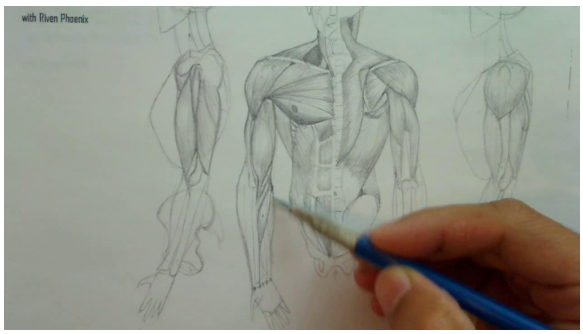
93		So he's going to come from the funny bone over here.
94		So we're going to say that this is muscle number one, okay, and he's just going to go like
95		this.
96		Then you're going to get another muscle, he's going to do the same thing, he's going to

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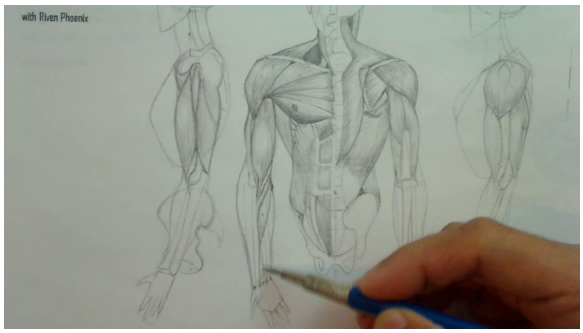
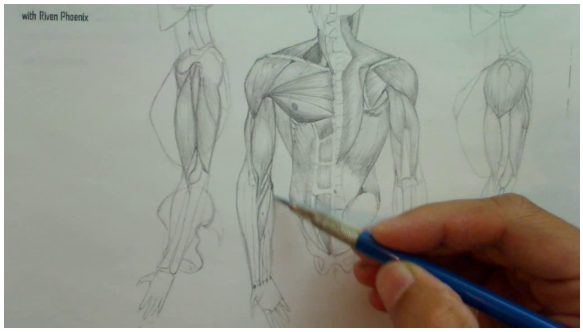
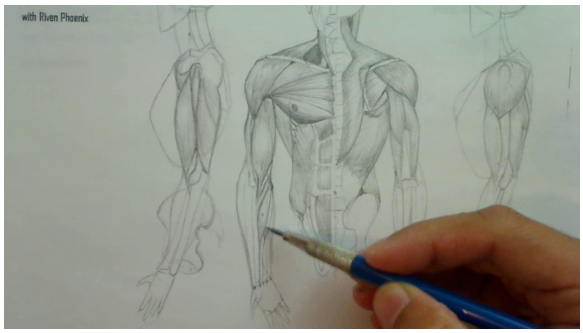
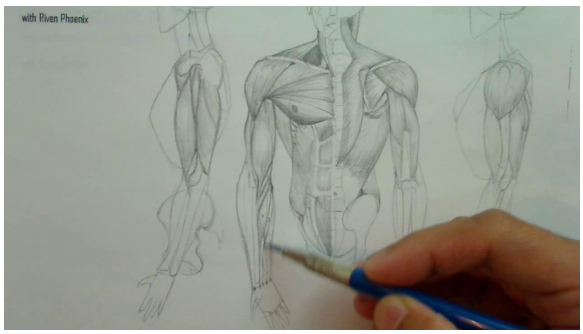
97		become a wire over here, but he's just a little shorter, right?
98		So he's going to do the same thing, he's ballooned out, but look, he's on top of him, and he's
99		going to do the same thing, and this is just number two, right?
100		And he's going to become a wire and connect over here, right?

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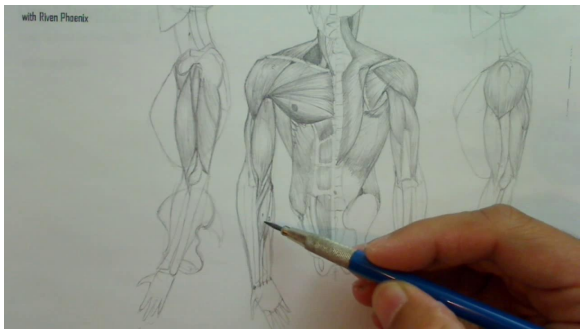
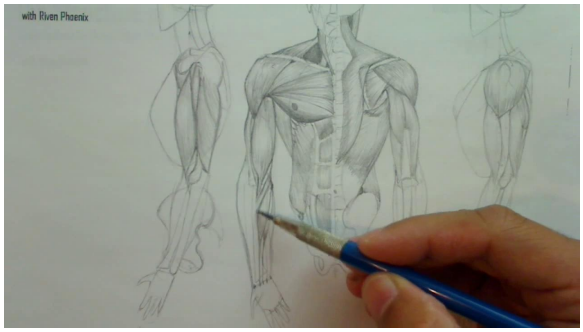
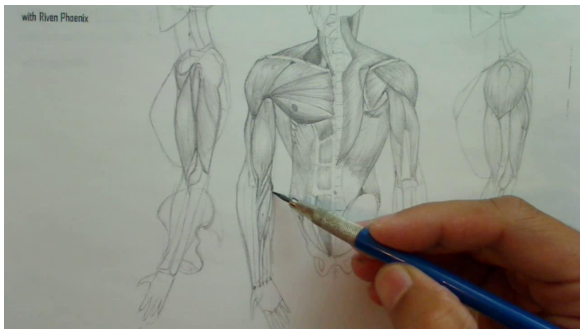
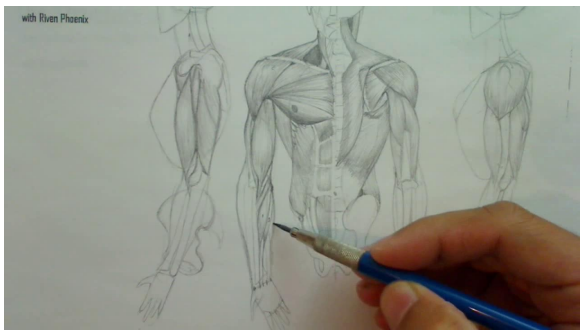
101		So just make sure you understand his concept, I got from the funny bone, it ballooned out,
102		look where it is, the separation of the line, okay, so it's one, two.
103		Then you're going to get another one, and he's going to be number three, and he's going
104		to be a little more bigger, and he's just going to connect over here, right?

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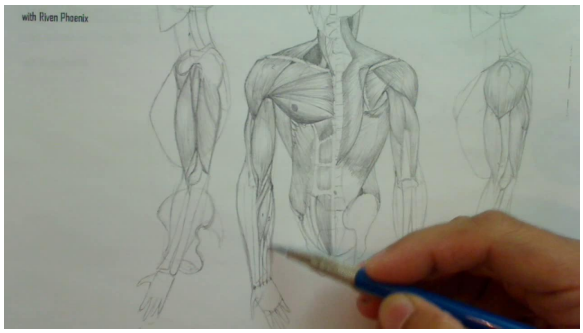
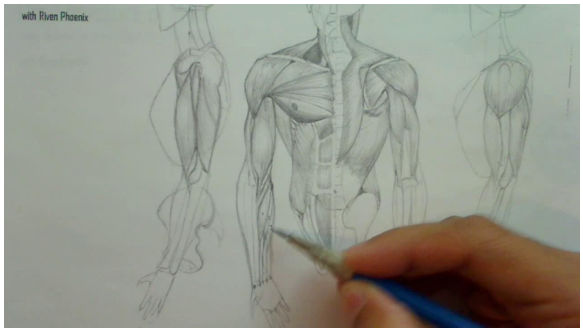
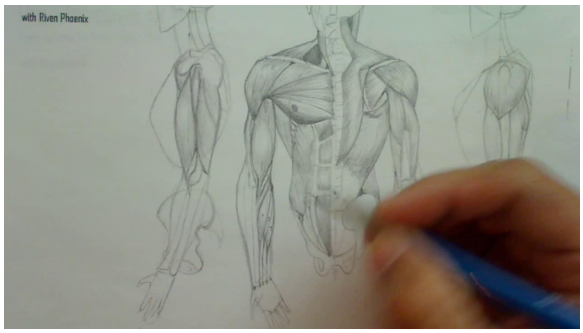
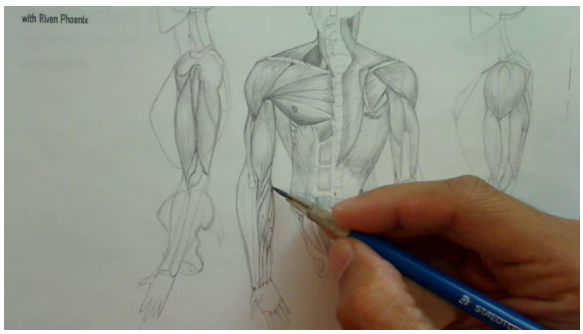
105		So he's number three, they're all connecting to the, this funny bone, and this is number
106		three over here, I'm just going to make sure you can see all this, okay?
107		So what happens is now you're going to get a number four, so what happens is number four
108		is actually on the other side of the funny bone, but he's still connecting, and he's just

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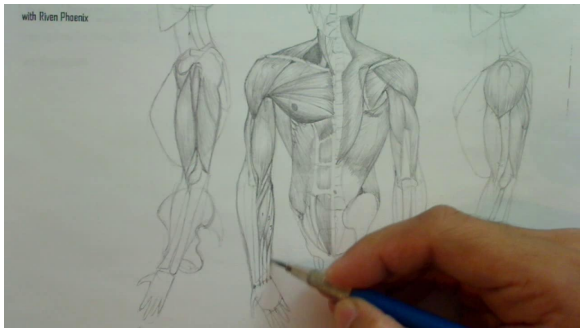
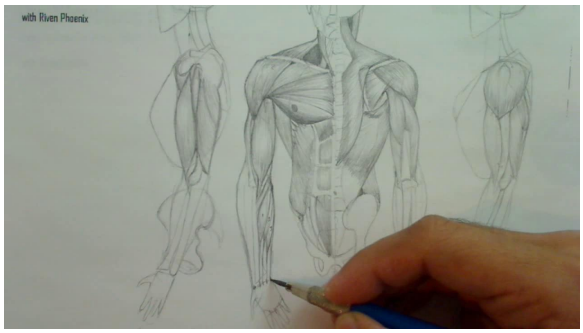
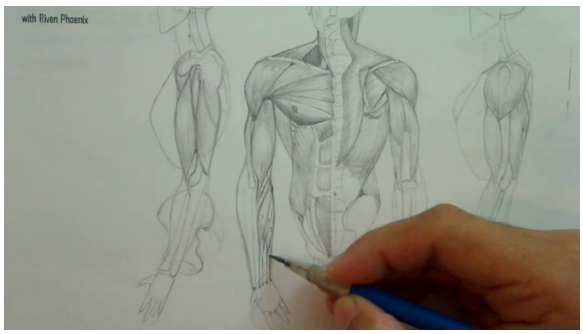
109		going to be like this, you'll really see him more from the back, and he's going to
110		come here, and he's going to connect to the, where this little finger is, right?
111		But he's still connecting to the palm, and he's just going to come in, you're just going
112		to see a wire of this guy, so he's number four, okay?

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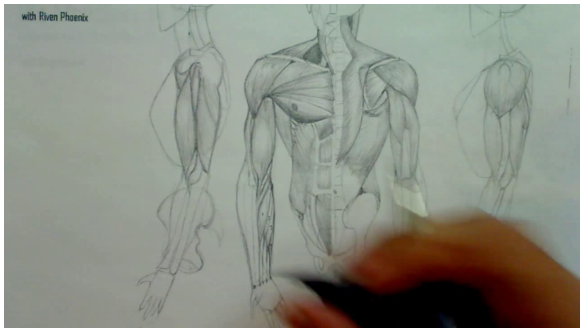
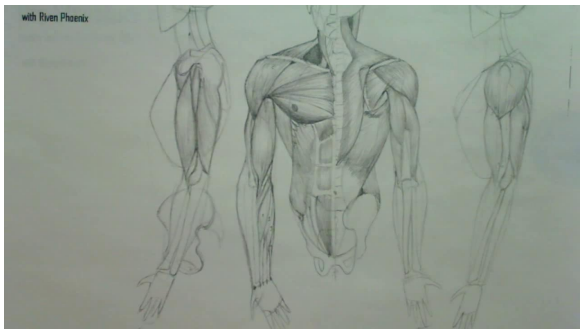
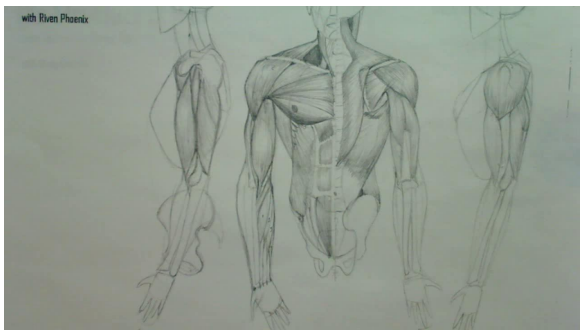
113		And here we can balloon this guy out, just a little more so we can see it.
114		So here, if we now erase some of these lines here, we can start to see what's happening,
115		okay?
116		So just remember that sequence of numbers is one, two, three, and four, and four is always

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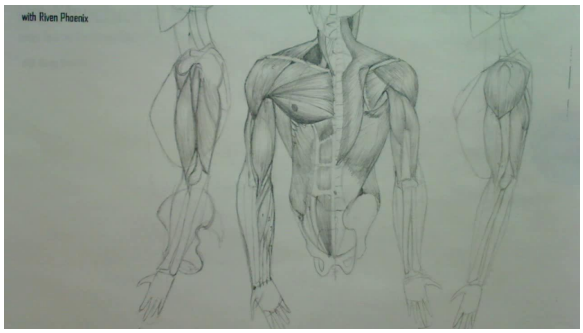
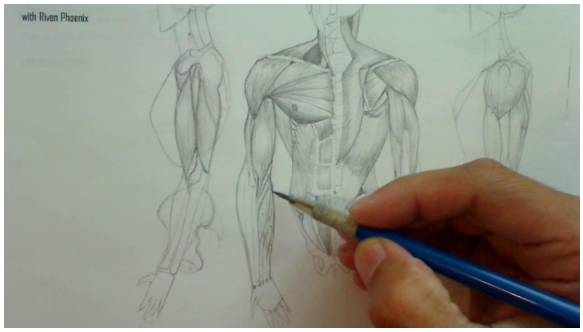
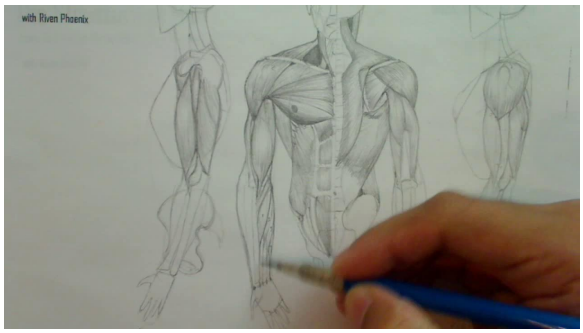
117		coming out from the other side of the other side of the funny bone, right?
118		So here we're just going to make these lines a little dark, or so you can see this over
119		here.
120		This is number two, and this is number three, and this is number four, that's all coming

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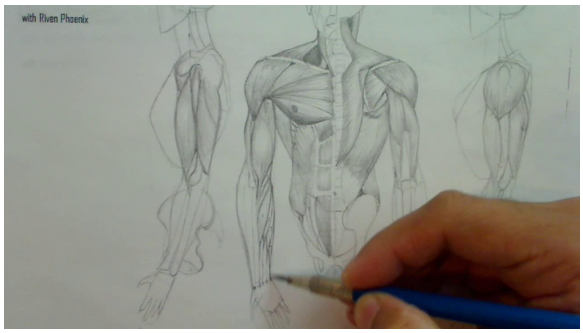
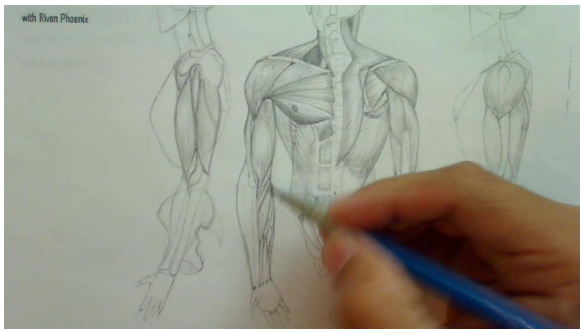
121		up here, but he's behind the funny bone, right?
122		He's on the other side, okay, and that's it, to understand this.
123		And so this muscle here, that we added, this is coming from here, right?
124		So look, look at this muscle, this is the bicep, then over here you've got this other

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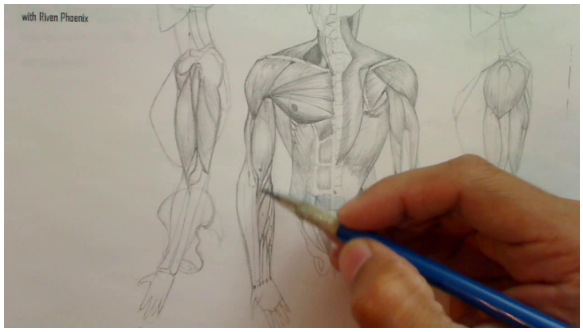
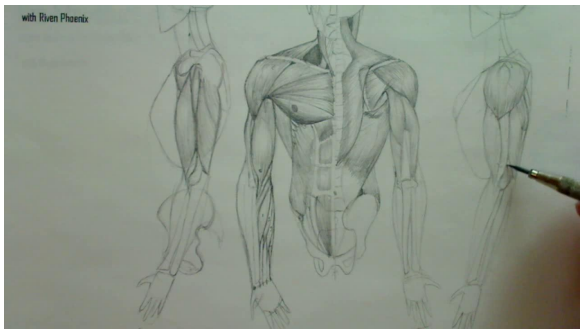
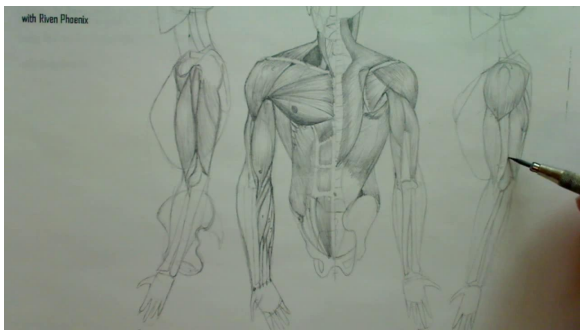
125		muscle here that the bicep is sitting on, then you've got this over here.
126		So what happens is that now you're going to get a muscle that's going to come from here,
127		see this wedge over here?
128		He's going to come from here, so this is why we ballooned it out, is because he's basically

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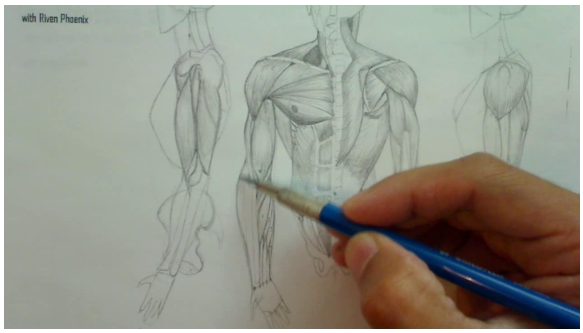
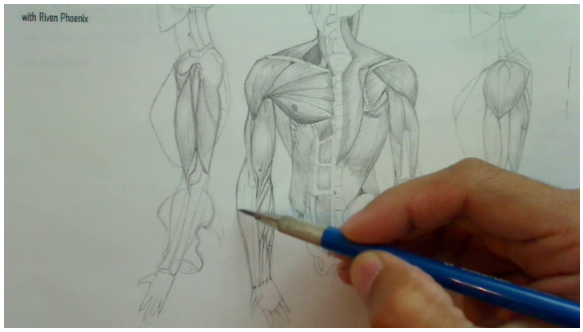
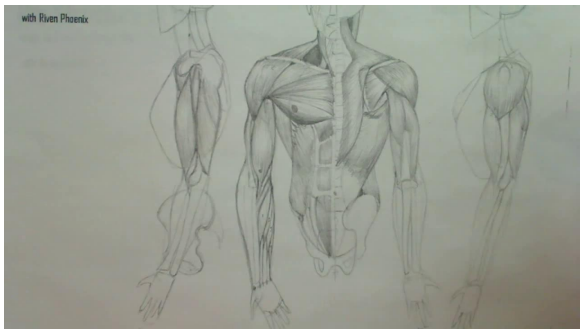
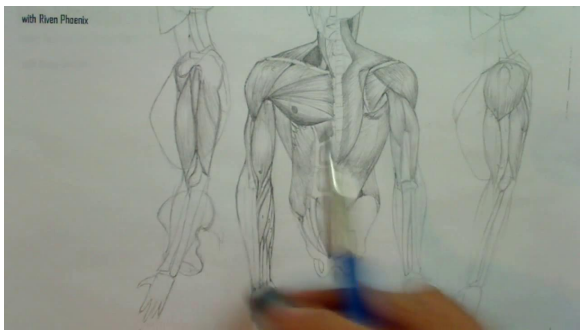
129		just going to come here, but they're two of these guys.
130		So, but the other one is much more harder to see, but they're going to both end up here
131		on the side of the thumb, okay?
132		I'm just going to erase some of this stuff over here.

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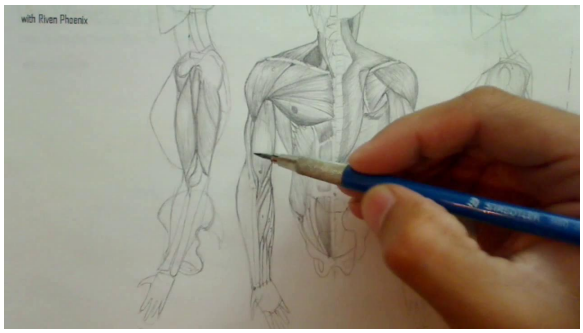
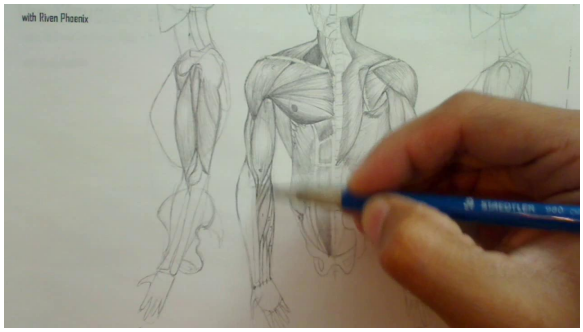
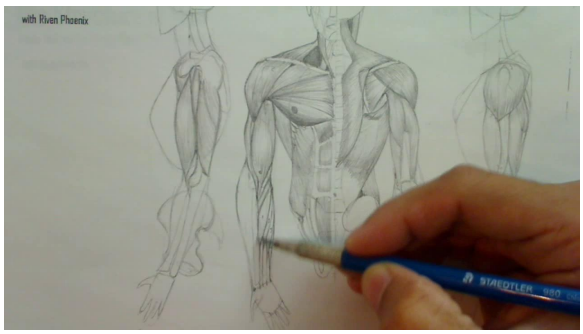
133		So he's going to come out like this, and he's going to just be up against these guys
134		over here, right?
135		So he's going to be a big muscle that's going to be over here, and he's going to do the
136		same thing, he's just going to become a wire, right?

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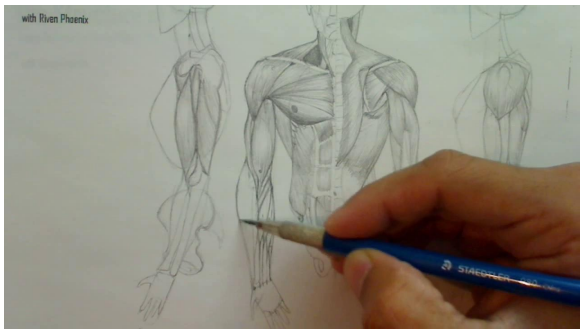
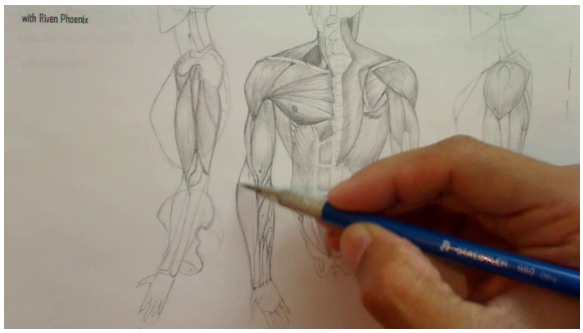
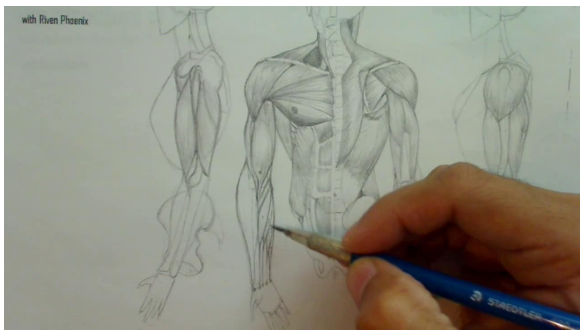
137		So this is why you get this big balloon out because of him.
138		So really they're two of these guys, and the other one, you can hardly see, but he's
139		on the other side, and we're going to understand, understand this a bit more, okay?
140		So we've got one, two, three, and this is, here I'll just say that this is four, right?

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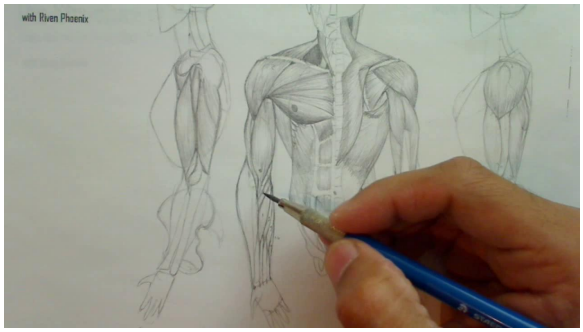
141		And so we're going to say that this is five, okay?
142		This is going to be five, so he's going to be six, and this one is going to be seven,
143		okay?
144		So this is seven over here.

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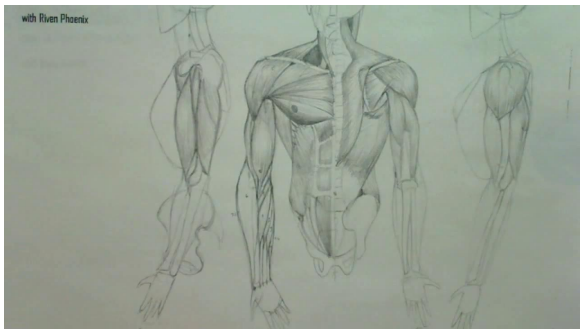
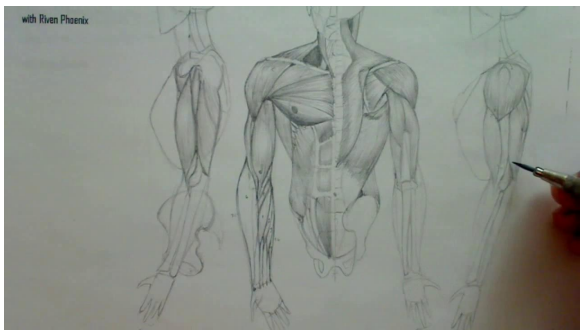
145		We can't really see him because the arm is just facing this way, and we're going
146		to understand him a little bit more, okay?
147		So both of these are coming here, from here, right?
148		They're connected from here, okay?

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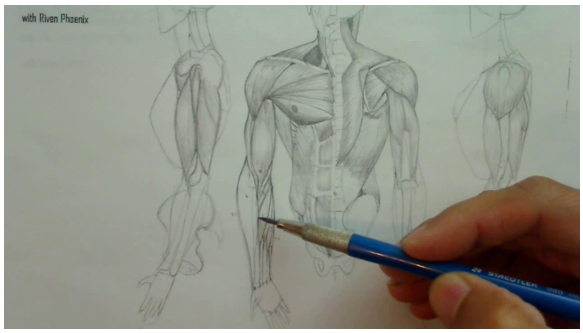
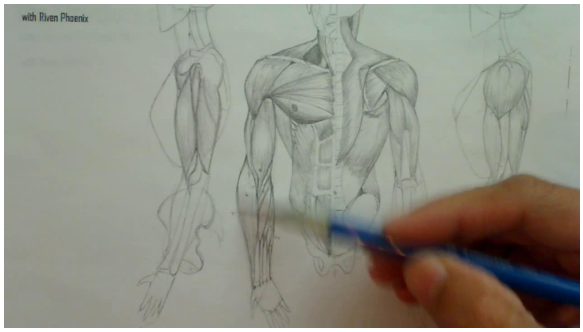
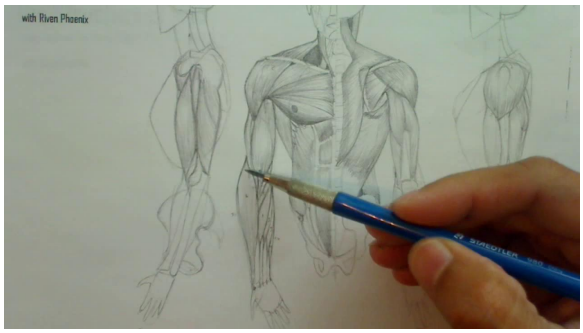
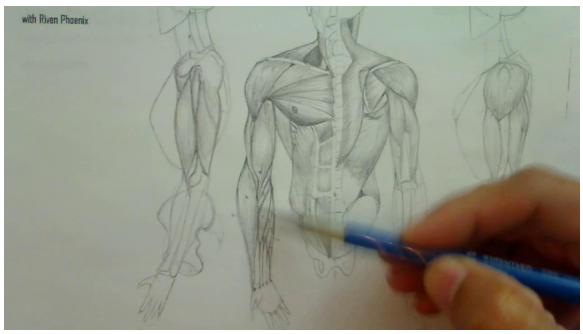
149		So we're going to finish this off first, and just see how all of a sudden everything
150		now starts to look like an R, right?
151		Because we, we, we, we put all, we took all these muscles apart and put them back in,
152		right?

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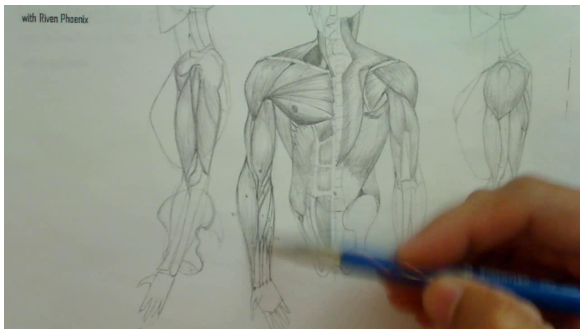
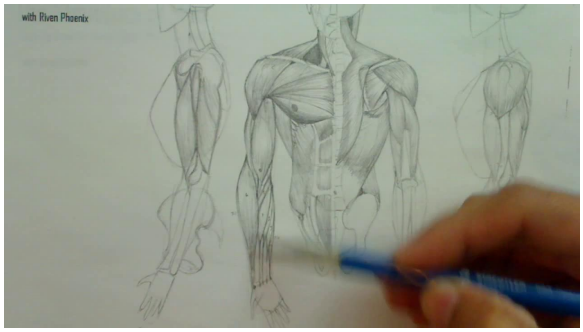
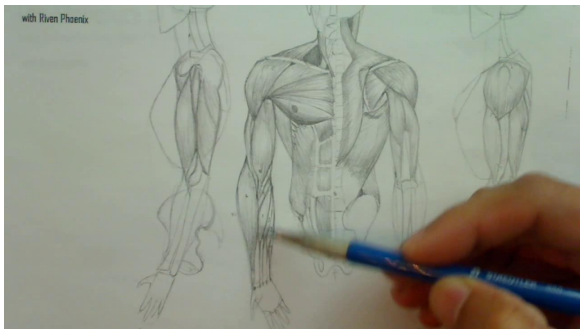
153		These are our own rules that we're putting together that these are, this is how all
154		the muscles are now connecting, right?
155		We're looking at it from that point of view, right?
156		So we know that this is going to be correct, okay?

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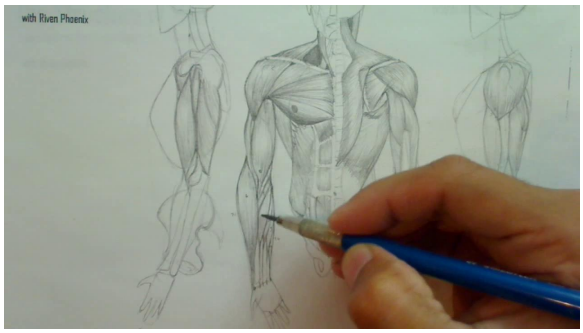
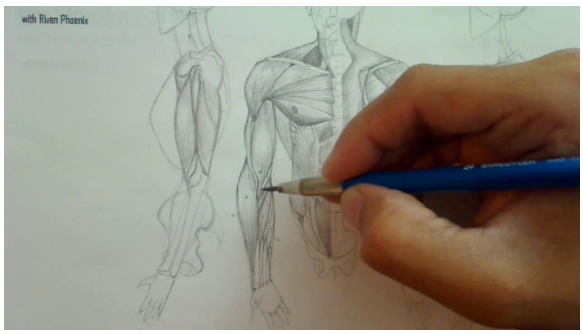
157		So here, you're just going to get these muscles like this, right?
158		So just understand, look, he comes here, and you're going to get the bicep over here.
159		So you're going to get like a little of this, this thing going across it, this is, you,
160		you can never going to really see this on anybody, but this is going to be like this tissue

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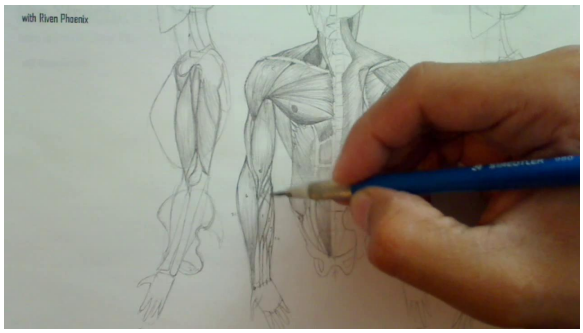
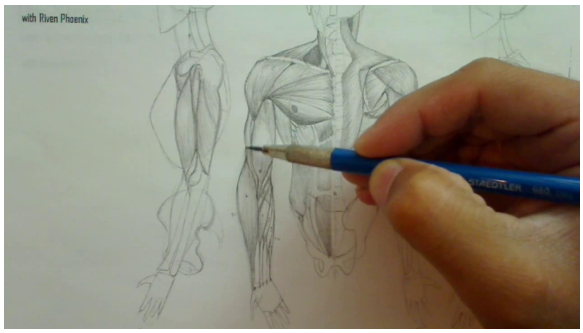
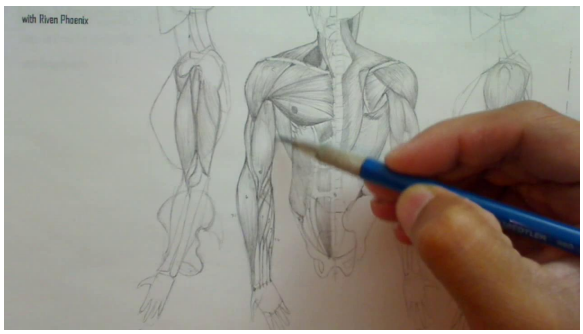
161		going across the, the bicep, right?
162		But look at the contour lines, what's happening, all of a sudden we're seeing the same contour
163		lines that we see in, in real life, right?
164		We're putting the muscles together and have all these bumps are coming across by itself.

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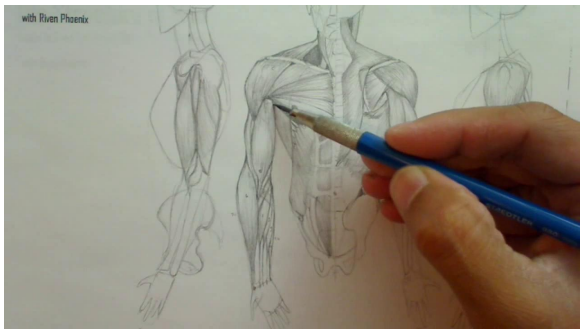
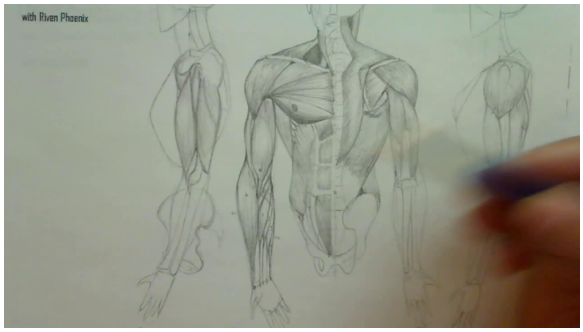
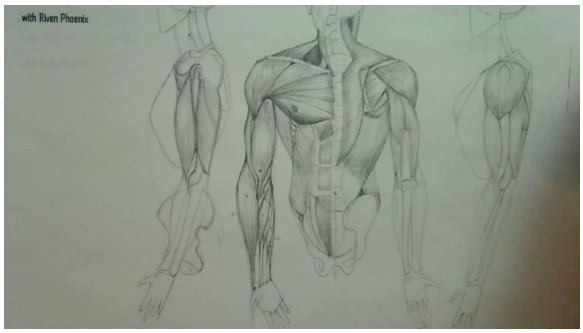
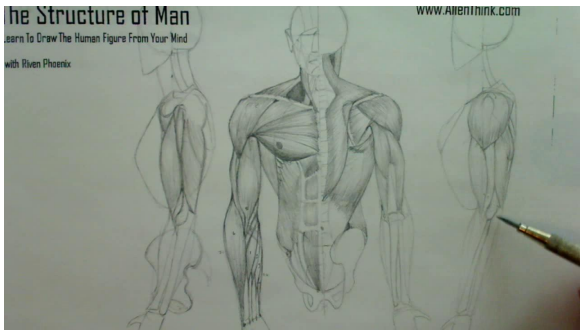
165		So that's what you definitely want to do from this exercise is understand the contour
166		lines that magic we appear.
167		Okay, so now let's understand, we get this concept over here, right?
168		So what's going to happen here on the, on this side that, well, what's going to happen

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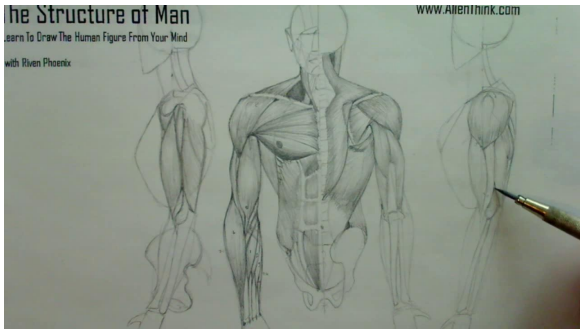
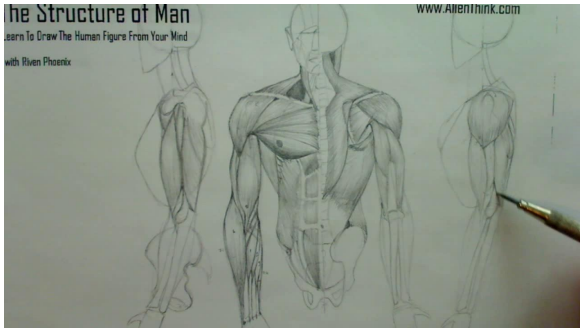
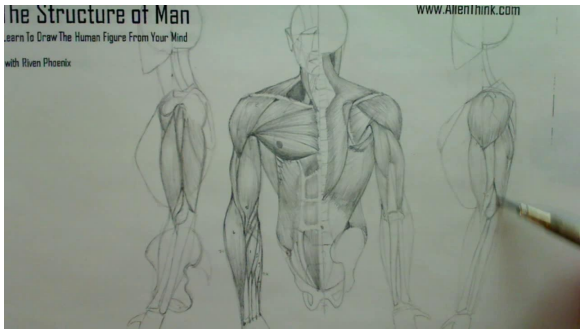
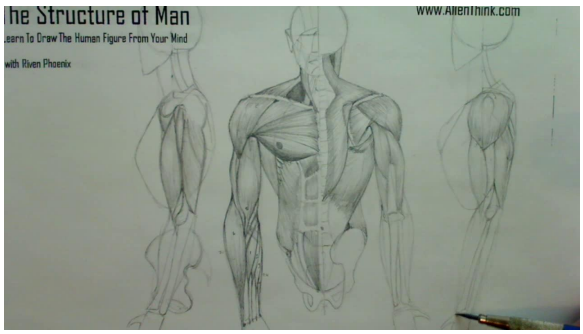
169		is that this muscle that we talked about is now going to be coming out from here.
170		This space here, this is the humerus bone.
171		So this guy is now going to be going out like this, but look where he goes, he needs to go to
172		the thumb. So he's going like this wrapping around, right? He's going to wrap around,

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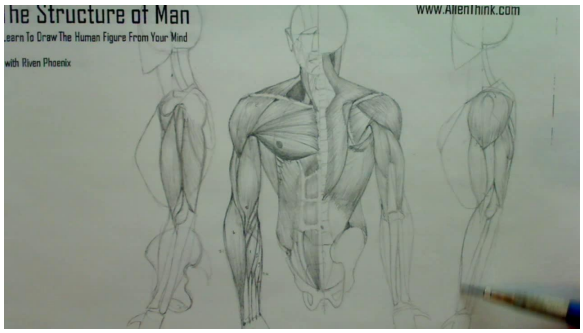
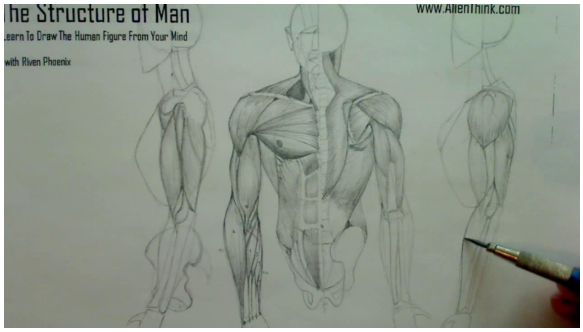
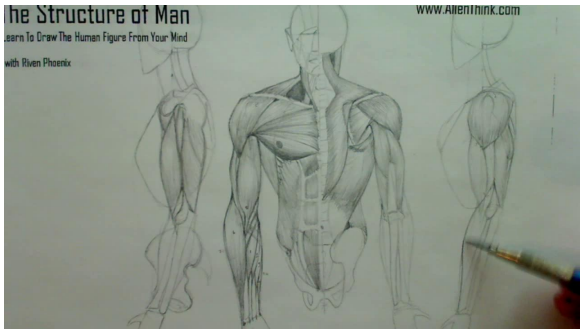
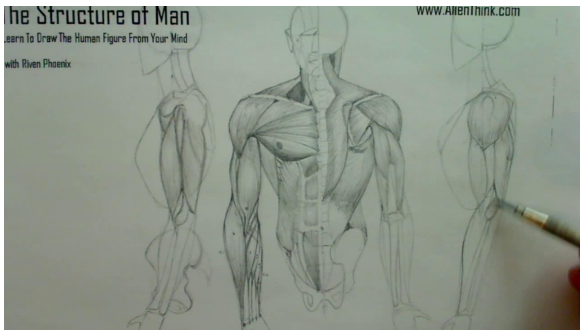
173		and he's just going to come like this over there on that side, right?
174		So he's going to stop being a muscle.
175		So what happens is that when, when, when this guy does this, right?
176		He's, he's going to have a buddy going with him to the same location.

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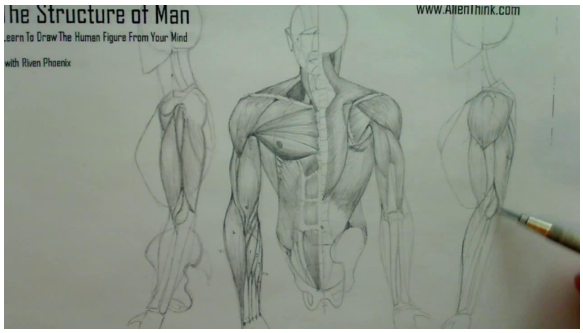
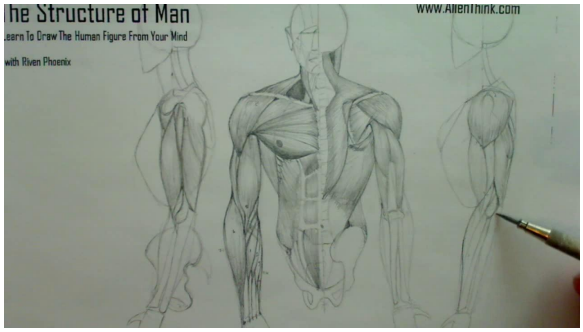
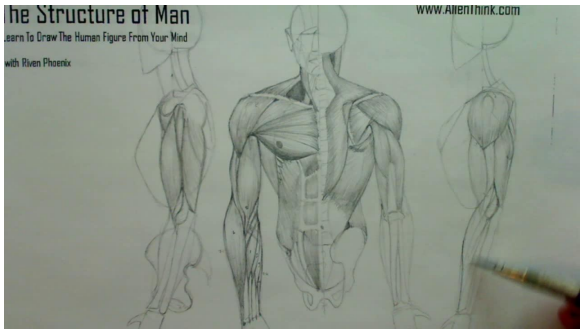
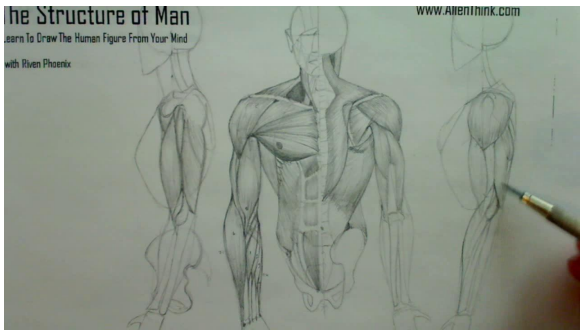
177		And this guy that I'm drawing here, right?
178		He's going to, where the humerus bone is basically, they just cover the humerus bone.
179		And they are both going here.
180		So they're wrapping around, right?

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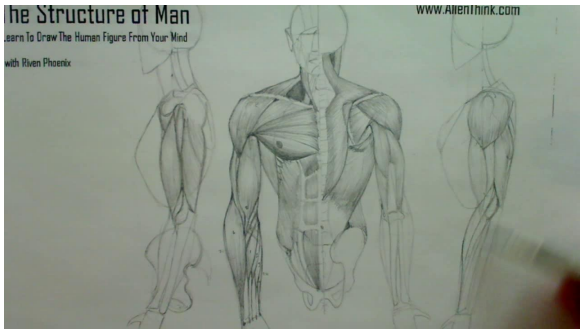
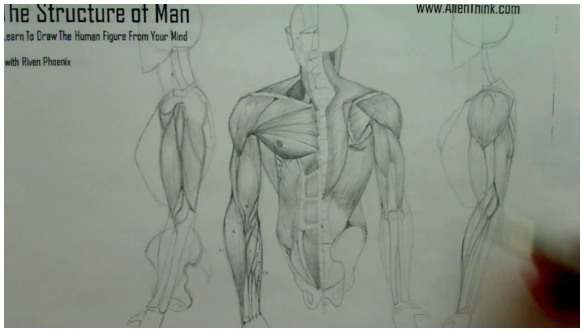
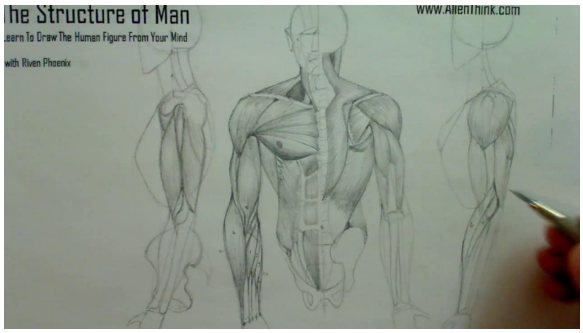
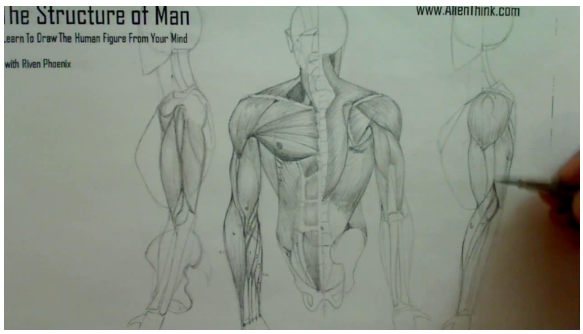
181		They're wrapping around over here.
182		So this is number six, this guy here, and he's number seven.
183		Okay, so understand the relation, look at the control lines, and understand how these
184		relationships are working, where this is coming from.

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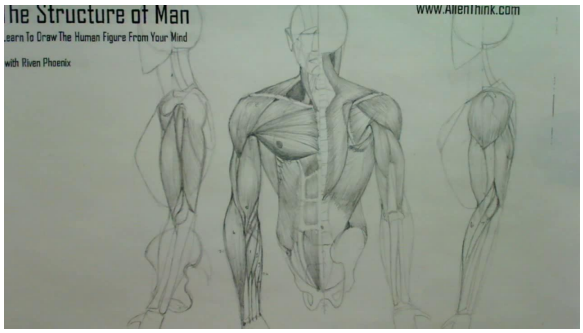
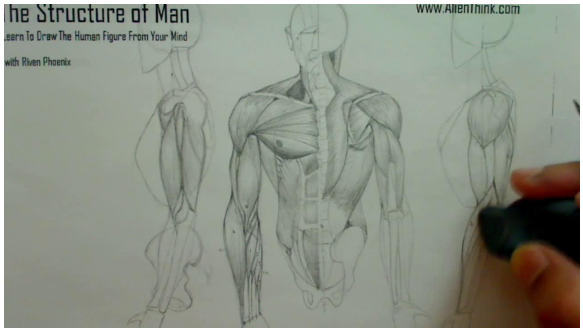
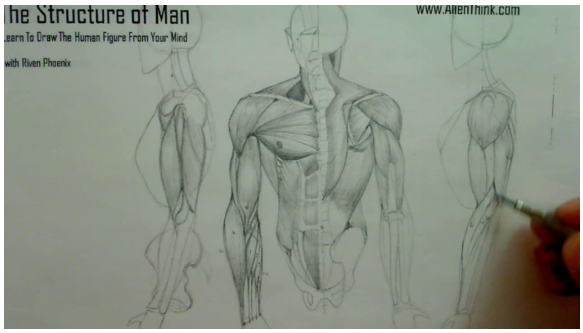
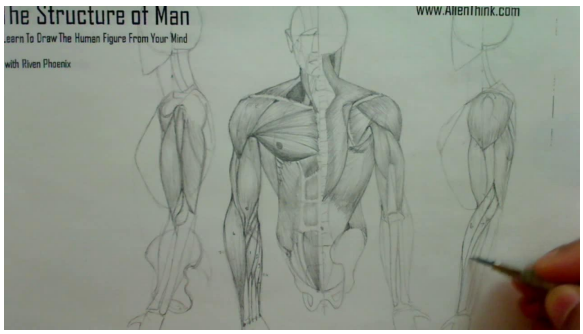
185		Okay, so here we're just going to make this into a muscle now.
186		So you can understand the rest of the four arms.
187		Four arm muscles, you know, over here, this is just going to come like this,
188		and he's going to wrap around, but everything's wrapping around.

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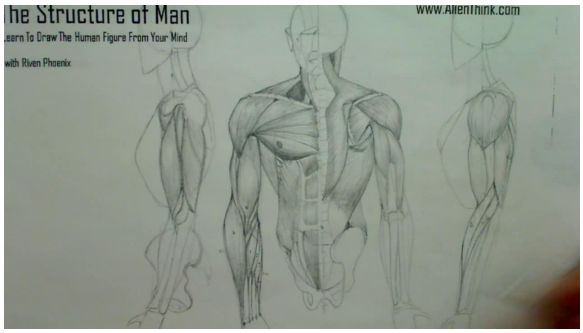
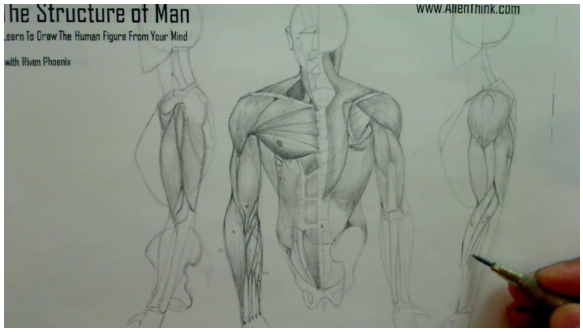
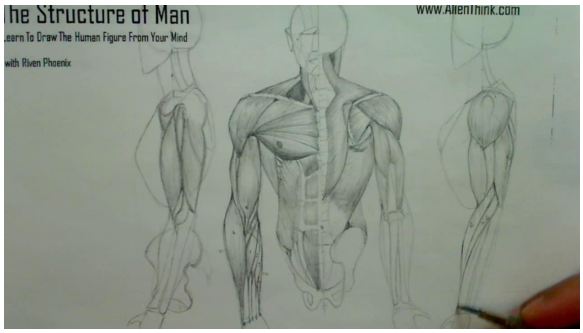
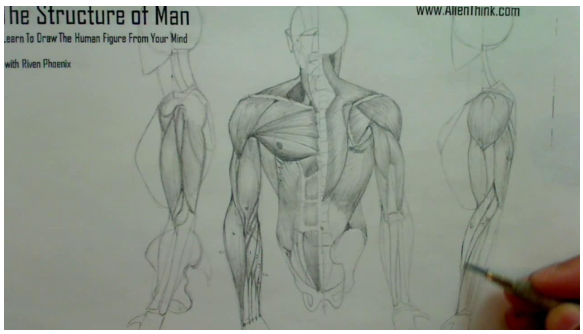
189		This is why it's important to understand the bone system.
190		So you can wrap these muscles around correctly, and he's just going to go over here,
191		and he's going on the other side here of the thumb.
192		Okay, so all there is to know about this.

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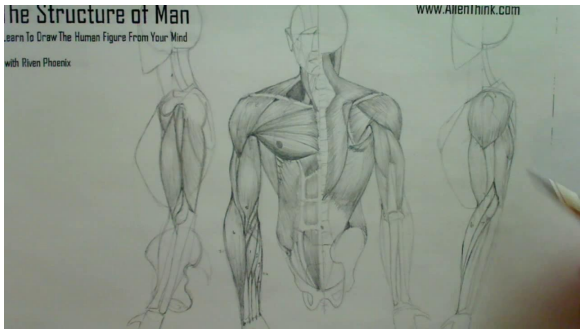
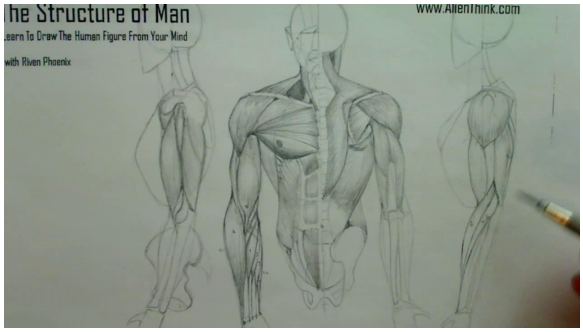
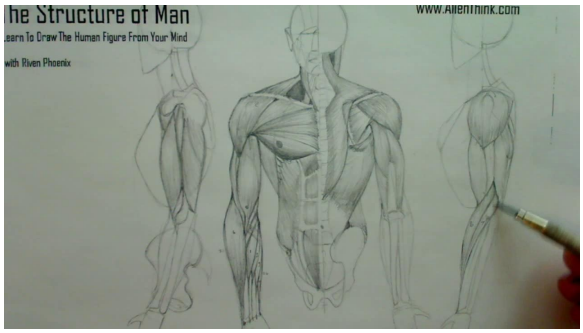
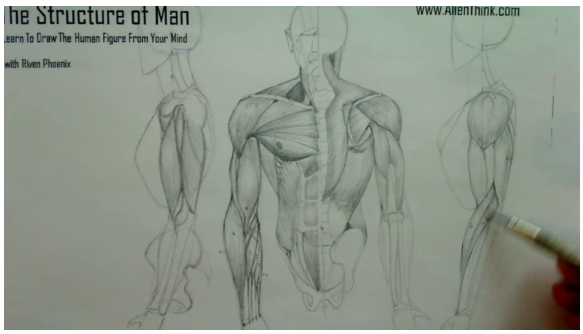
193		Okay, so here, let's just make this into a muscle.
194		Okay.
195		What's going to happen is when we draw out the mannequin, all of this is going to make sense,
196		because we understand how the bone system works, we just have to wrap the muscles around it.

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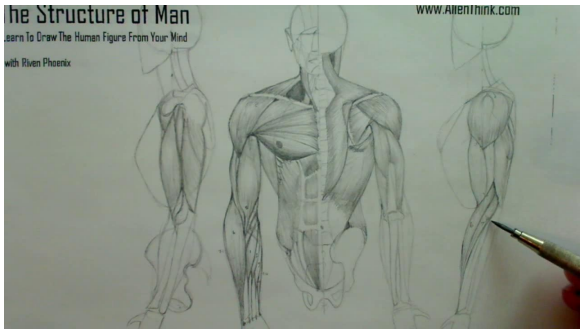
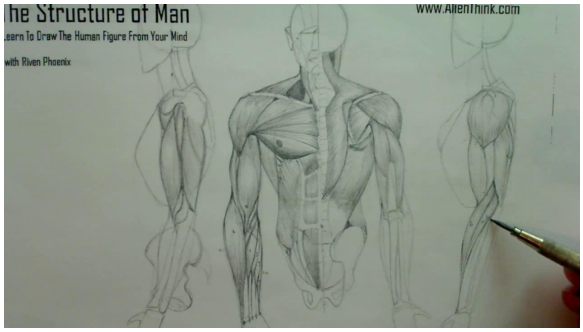
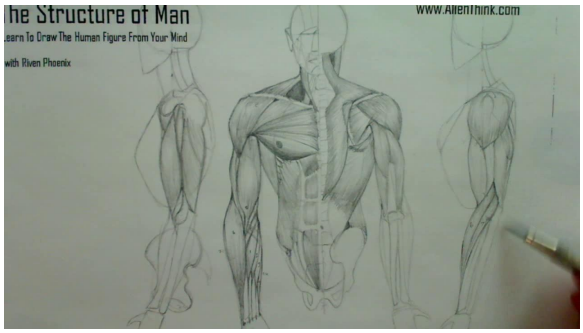
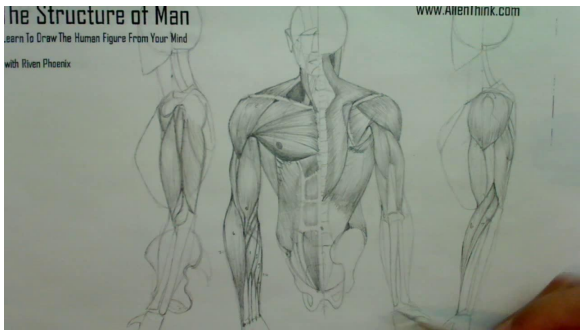
197		But notice here where the radius is, see, this is where all the magic is going to happen,
198		because this is where you're going to get that dent in the arm.
199		Okay. Okay, so now in the next lesson, we'll look at the rest of the muscles for the connect to the top.
200		We already understand everything that connects to the bottom.

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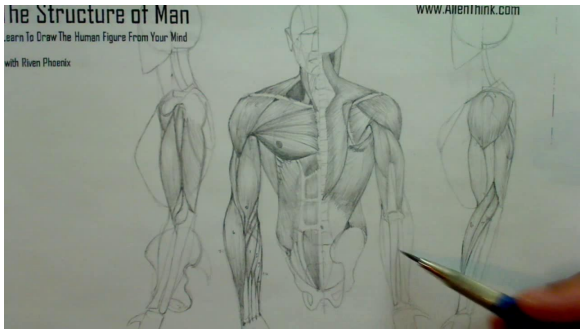
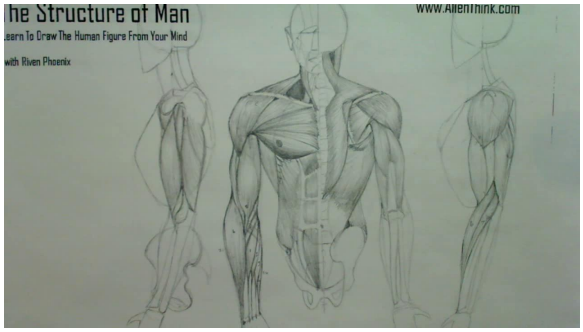
201		We're going to look at everything that connects to the top.
202		So I'll see you in the next lesson. Thanks.

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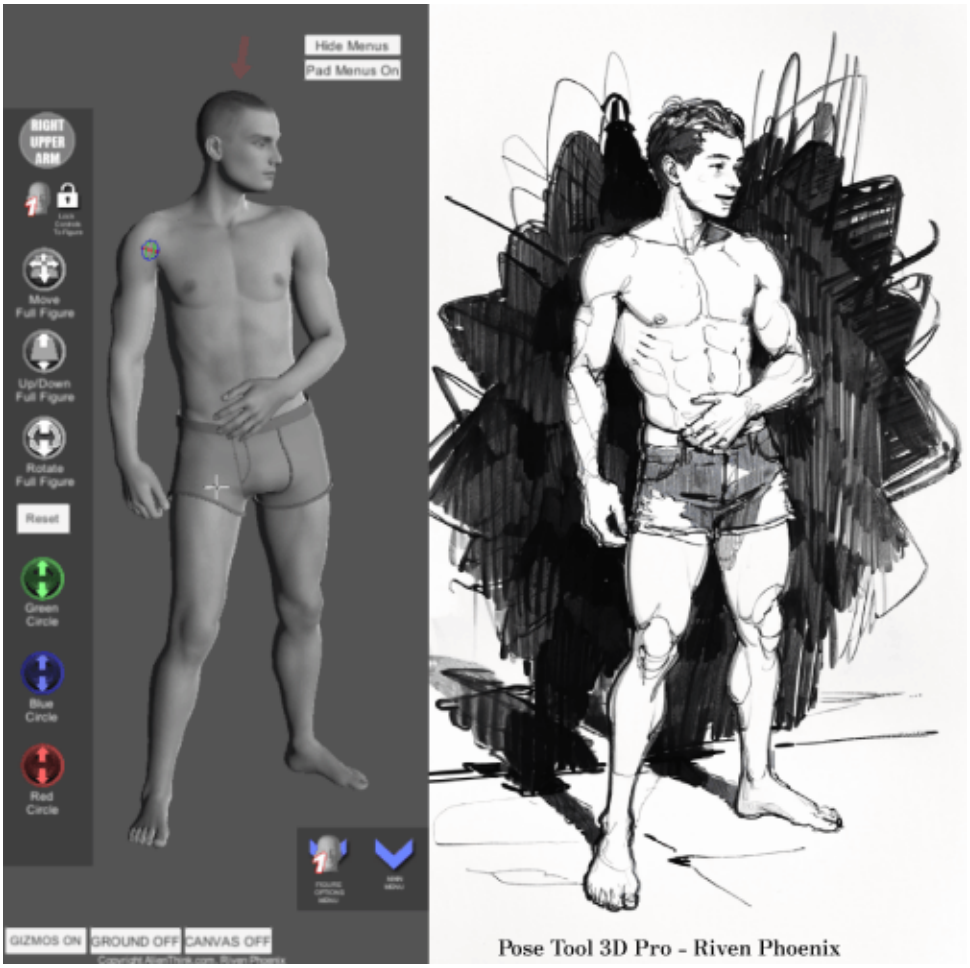

www.alienthink.com/pose-tool-3d/

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